



THE
TREASVRIE
of hidden Secrets.

Commonlie called,
The good Husviues Closet
of prouision, for the health of her Household:

Gathered out of sundry experiments, latelie practised by men
of great knowledge: And now newly enlarged, with diuers ne-
cessarie Physicke helpes, and knowledge of the names and
naturall disposition of diseases, that most commonlie
happen to men and women.

Not impertinent for euery good Huswife to vse in
her house, amongst her owne Familie.



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Crowne next aboue S. Andrewes Church in
Holborne. 1596.

100-2-100



To all vvomen that loue and professe the practife of good hufwifery,as well wines as Maides



Vriteous Gentlewomen honest Matrons, and ver-
tuous virgins, I did not long agoe print (in my opi-
nion) a verie necessarie booke of Cookery, & bequea-
thed it vnto you, called the good hufwifes hand-
maid for the Kitchin; and perceiuing no lesse
but that it was acceptable among manie of you, I
haue lately reprinted the same, and for that this booke, called: The
good Hufwifes Closet of necessarie prouision for the health
of her household, contayning, The maner as well to make all kinde
of Conserues and sirropes, and sugre paste for banquetting dishes. suc-
cade, marmalade, and marchpane, diuers sweet distilled waters of
great vertus, fine powders for presses and chestes, with woollen and
linnen cloathes and Furres, to keep them from moth-eating: and ma-
nie pretious Oyles of sundrie operations and effects: as also necessarie
directions for preparation of good and wholsome kitchin physicke,
in making good medicines, wholsome drinckes, and other comfortable
things, to help and cherish the sicke and weake in your house: hath
likewise been printed by me afore time, I thought good now to aduer-
tise you that I haue conferred them both together, and in examining
them, found some things in the one, more pertinent vnto the other: &
some things in the one that was likewise in the other, and therefore
needlesse that the selfe same things should be in both. I haue therfore
placed ech thing that before was out of order in his due and conueni-
ent place, and doe commend both vnto your protection: the one for

The Epistle Dedicatorie.

*your kitchen, and this other a readie help, alwaies at hand as a Store-
house, or Treasurie of manie profitable secretes, and unknowne Con-
ceites to be used as occasion shall require. First, printed at the request
of a Ladie of great calling, and nowe augmented with some
more conceites not before published: How good soener they be, yours
they bee: and my selfe at your command, to publish anything that
may be to your good liking, and to amend what otherwise shal proove
to your discontent.*

R. I. Printer.

The Author of these

Secretes, to his Booke;

Vpon occasion that a Ladie of honorable regard, hauing seene this
booke in writing, earnestlie requested, or rather commanded
to haue a copie of the same.

GOe little booke of profite and pleasure,
To my honorable Lady without delay:
Shew her I send thee for the performance
Of her request, sith she would haue no nay:
Yea, say, her command of me hath obtayned
Thee: that no golde nor good could haue gained.

The Treasurie or Closet

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To make marchpane. Chap. 1.

TAke halfe a pound of blanched Almonds, and of white Sugre a quarter of a pound, of Rose-water halfe an ounce, and of Damaske water as much: beat the Almondes with a litle of the same water, and grind them till they be small: set them on a few coales of fire till they ware thicke, then beat them againe with sugre, fine: then mix the sweet waters and them together, and so gather them, and fashion your Marchpane: Then take water rakes of the broadest making, cut them square, paste them together with a litle liquoz, and when you haue made them as broad as wil serue your purpose, haue ready made a hoop of a green hazell wand, of the thiknesse of halfe an inch, on the inner side smooth, without any knags: lay this hoop vpon your Water cakes aforesaid, and then fill your hoop with the geare about named, the same diuen smooth aboue with the backe of a silver spoone, as yee doe a Tart, and cut away all the partes of the cakes, euen close by the cutside of the hoop, with a sharp knife, that it may be round: then hauing white paper vnderneath it, set it vpon a warme hearth, or vpon an instrument of Iron or brasse, made for the same purpose, or into an Ouen, after the bread is taken out, so it be not stipped: it may not bake, but only be hard and thorow dyped, and ye may while it is moyst stick it full of Comfits of sundry collours, in a comely order, ye must moist it ouer with Rosewater & sugre together: make it smooth, and so set it into the Ouen or other Instrument, the clearer it is like a Lantern horne so much the more commended. If it be thorough dyped, and kept in a drie and warme ayre, a Marchpaine will last many yeares. It is a comfortable meat meet for weake folks, such as haue lost the take of meates by much and long sickness. The greatest secret that is in making this cleare, is with a litle fine flower of Rice, Rosewater, and sugre beaten together, and laid thin ouer the Marchpane ere it goe to dyping. This will make it shine like yce, as Ladies report.

To gild a Marchpane, or any other kind of tart. Chap. 2

TAke & cut your leaf of gold, as it lyeth vpon the book, into square peeces like dice, & with a Conies tayls end moisted a litle, take the
gold

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golds by the one corner, lay it on the place, being first made moist, and with another taylor of a Conle dyie, presse the gold down close. And if you wil haue the form of an Hart, or the name of Iesuz or any other strange thing whatlouer, cut the same throug a peece of paper, & lay the paper vpon your Marchpan, or tart: then make the void place of the paper moist with Rosewater, lay on your golde, presse it downe, take off your paper, and there remaineth behind in golde, the print cut in the said paper.

To bake Quinces. Chap. 3.

PAre them, take out the coare, perboyle them in water till they be tender, let the water run from them, till they be dyie: Then put in euery coffin one Quince, in it a good quantity of mar row. Also take Sugar, Synamon, and a litle Ginger, & fill the coffin therewith, close it, let it bake an hower, and so serue it.

To keep Quinces vnpared all the yeere long. Cha. 4.

TAke ripe Quinces, and at the great end cut out a stopple, then take out the coare cleane, and stop the hole againe with the same stopple (but pare them not) & perboyle them a litle, take them vp, and let the water draine from them: then put all the coares, and some of the smallest Quinces in little peeces all to cut, into the water wherin all the Quinces were perboyled, and let them seeth till the liquoz be as thicke as molten lize that Painters occupie, then take it from the fire and let it coole: in the meane season couch your cold Quinces in a barrel, or in an earthen pot, the great end downward (if the stopple be out, it makes no matter) and one vpon another. Then put the liquoz in, that it be an handfull ouer and aboue them: Couer them close, and after iiii. or v. dayes looke to them, and when you see the liquoz sunke downe, put in moze of the same, which you purposed lie kept to couer them, as befoze: then lay a boord vpon them, & a stone, that they rise not, and couer the vessell close with a thicke cloth folded that it take no aire, so let them remaine. And when ye intend to occupie some of them, vacouer the vessell, and ye shall find a creame couering the whole liquoz, breake it in the midst, turne it ouer with your hand, then take out your fruite in order, beginning in the midst first, then by the sides, so that you remoue none, if it may be, but those that they take away: and euery time you breake the creame, turne it ouer again into his place, soz you must know, that the cream kepeth out the aire, and keepeth in the strength of the sirrop, therfore it maketh

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keeth much to the conseruation of the fruite to saue it, and also to see the vessell close couered. Also, when you will bake your Quinces, wash them wel and cleane in warm water, and bake them as before is written.

To make Vinegre of Roses. Chap. 5.

IN Summer time when Roses blow, gather them, ere they be full spread or blown out, and in drie weather, pluck the leaues, let them lie halfe a day vpon a faire boord, then haue a vessell with vinigre of one or two gallons, (if you wil make so much Rolet) put therin a great quantitie of the said leaues, stop the vessel close after that yee haue stirred them well together: let it stande a day and a night, then diuide your vinigre and Rose-leaues together in two partes, put them in two great glasses, and put in Roseleaves ynough: stop the glasses close, let them vpon a shelve vnder a wall lide on the South side without your house, wher the Sun may come to them the most part of the day, let them stand there al the whole summer long, and then straine the vinigre from the Roses, and keep the vinigre. If you doe once in ten dayes take and straine out the Rose leaues, and put in new leaues of halfe a dayes gathering, the vinigre wil haue the moze odour of the Rose.

You may vse in steed of vinigre, wine, that it may wax eager, and receiue the vertue of the Roses both at once.

Moreouer, you may make your vinigre of wine, white, red, or claret: but the red doth most bind the bellie, and the White doth most loose.

Also, the Damaske Rose is not so great a binder as the redde Rose, and the White looseth most of all: Hereof you may make vinigre Rolet.

Thus also you may make vinigre of Violets, or of Elberne flowers: but you must first gather and vse your flowers of Elbern, as shal be shewed here after, when we speake of making conserue of Elberne flowers.

TO make paste of Sugar, whereof may be made all maner of fruites and other fine things with their forme: as platters, dishes, glasses, cuppes, and such like things, wherewith you may furnish a table, and when you haue done you may eate them vp. A pleasant conceit for them that sit at the table,

Chap. 6.

Take

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Take Gum Dragant, as much as you wil, and steep it in Rosewater, untill it be mollested. And for foure ounces of sugar, take of it the bignesse of a beane: the iuice of Limons, a Walnut shel full, and a little of the white of an egge: but you must first take the Gum, and beat it so much with a pebble in water of white Marble, or of bzalle untill it become like water, then put to it the iuice with the white of the Egge, incorporated well together. This done, take foure ounces of fine white Sugre wel beaten to powder, & cast it into the moxter by litle & litle, untill it be turned into the forme of paste: then take it out of the said moxter, & bzay it vpon the powder of sugre, as it were meale or flower, untill all be like soft paste, to the end you may turn it, & fashion it, which way you wil: when you haue brought your paste to this forme, spread it abroad with Sinamon vpon great or small leaues as you shall thinke it good, and so shall you forme and make what things you will, as is aforesayd, with such fine conceits as may serue a Table, taking heed that there stand no hot thing nigh vnto it. At the end of the banquet they may break all, and eat the platters, dishes, glasses, cups, and all such like: for this paste is delicate and sa- uourous. If you will make a thing of moze finenesse then this, make a Tart of Almond, stampt with sugre and Rosewater of like sorte that Marchpanes be made of: this shall you lay between two pastes of such vessels, or fruites, or some other thing, as you think good.

To make Orenge Comfers. Chap. 7.

Take Orenge pillings, lay them in faire water a day and a night, then seeth them in white wine: then take them out of the Wine, and put them in an earthen pot, and put therein Sugre, Sinamon, Cloues and Pace whole, and seeth them together without any other liquor, and so it is made.

To make fine blanch powder for roasted Quinces. Chap. 8

Take fine Sugre, half a pound, beaten in a hot moxter to fine powder: of white Ginger pared, halfe an ounce, of chosen Sinamon a quarter of an ounce, beaten ready to fine powder: mire them well together, and if you will haue it most excellent, cast two spoonfull of Rose or Damaske water, in beating of the Sugre.

To conserue Quinces in sirrop condict, alway ready to be serued in whole or in quarters. Chap. 9

After your Quinces are coared and pared, seeth them till they be tender and soft: then lay the out till they be cold, in the mean time

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First, take of the same liquor two quarts or more, (according to the number of your Quinces which ye will keep (& put therein the cores and some other small peeces, seethe them in the liquor, to make the sirrop strong: straine them, and put into the liquor, being two or three quartes, one pinte of Rosewater, and for euery quart of liquor, one pinte of Rosewater, and for euery quart of liquor, one halfe pound of Sugre, seeth them again together on a soft fire of coals, till the suger be incorpozated with the liquor, then put in your Quinces: let them seeth softly till you perceiue that your sirrop is as thick as life hony, then let them to coole, and take them out, lay them in a tray or platter till they be cold: then take one ounce of bruised Synamon, and some whole cloues, put them with some of the Sinamon into the sirrop, and when it is cold, lay a lard of Quinces in your glasse (called a gesselin glasse) or an earthen pot well glazed: then strawe a litle of your Sinamon vpon your Quinces, then poure some sirrop, lay on another larde of Quinces, and agayne of your spice and sirrop, and so foorth, till you haue done, and coter them two fingers ouer with sirrope aboue, couer them close: and within three or foure daies looke to them: and when you finde the sirrope shrunken downe, put in more, and so reserue them. These are to be serued in with sirrop. See that the Quinces be tenderly sodden, and the sirrope thick & strong enough.

Plummes condict in sirrope. Chap. 10.

Take halfe a pound of Sugar, halfe a pint of Rosewater, and a pint of faire raine water, or of some other distilled water, seeth the suger, and the two waters vpon a soft fire of coales till the one halfe be consumed: then take it from the fire, and when it leaueth boyling, put therein halfe a pound of ripe Damascins, or other plums, and set it againe on the Embers, and keep it in like heat, till the plums be soft, by the space of an houre, if need be: then put into some Cloues bruised, and when it is cold, keep it in a glasse, or in an earthen Gallipot: the stronger the sirrop is with sugar, the better it wil continue. Some put into the sirrop Sinamon, Saunders, Nutmeggs, Cloues, and a litle Ginger: seeth them not hastily, for feare of much breaking.

To make Walnuts in sirrope. Chap. 11

Take your Nottes ten dayes before Midsummer day, lay them in water, and change them morning and euening, til nine or ten daies be past, then pare off as thin as ye can, the vtter rinde, but the verie

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ground of them, and seethe them in such sirrope as ye doe Oranges, & when it is sodden, ye must keep them in a new sirrope of the same making, or els make a sirrope to seeth them in of clarified honey: take raine water, or so; take of that, take other water, take three times as much water, as ye do honey, & seeth it long and softly, then as the skinn doth rise, take it off, & so let it seeth til it be clean scummed, & assay it vpon your naile, if it tarie there, it is thick ynough, or els not: there is all, and seeth your stuts therin, and put them in a sirrope of Sugre.

To make Marmalad of Quinces. Chap. 12

After that your Quinces ar sodden, ready to be kept condict, as befoze in the Chapter is wrytten, then with some of your liquoz wherein they were sodden (but without any spice) beat them and draw them as ye would do a Cart: then put some ouer the fire, and seeth them softly and in seething strawe by little and litle of powder of Sugre, the waight of the Quinces, or moze, as your tast shall tell you: stirre it continually, put thereto some pure Rosewater, or Damask water, let it seeth on height, till it be wel standing, which thing ye may know, by taking some of it vpon a cold knife, and let it cooles if it be stiffe, then take it off, and bore it while it is warme, and let it be in a warme and drie ayze: if you will gild your Marmalade, doe as befoze is spoken of a Marchpane.

The best making of a Marmalade is when the Quinces haue laine long, and are thzough ripe, and very yelow, as in Lent season.

And so; asmuch as Quinces are binding, and therfoze not good for some sicke folkes collicke, it is necessary to put a good many of ripe Apples of good verbur, as Renet, Pippin, Lozding, Rulsetting, Pomeriall, Rex Pomorum, or any other Apple that is pleasant raw, among them, being first drawne from a Cart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade somewhat souple, and also increase the quantitie and vertue of the same, especically if it be well dashed with sweete water.

To make Marmalade of Damscins, or Prunes. Chap. 13

TAke Damscins which are ripe, boyle them on the fire with a litle faire water, vntill they be soft: Then draw them thzough a course boulder, as ye make a Cart, set it on the fire again, seeth it on height with sufficient sugre, as you do your Quinces, dash it with sweete water, &c. and bore it.

If you will make it of Prunes, doe likewise put some Apples to

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so it, as you did to your Quinces. This wise you may make Mar-
malade of Wardens, Pears, Apples & Medlars, Seruile, Cherries,
or Strawberries, euery one by himselfe, or els mix it together, as
you thinke good.

To make Succade of Peeles of Oranges, and
Lemmons. Chap. 14.

First, take off your Peeles by quarters, and seeth them in fair wa-
ter, from thre quarters to thre pintes: then take them out, and
put to as much moze water, and seeth them likewise, and so doe
again, till the water wherein they are sodden haue no bitternes at
all of the peeles, then are they ready. Now prepare a sirrop as ye do
for Quinces condict in the sirrop, in the 9. Chap. before witten, seeth
them in glasse or pot.

To make greene Ginger. Chap. 15

Take the Rases of caled Ginger of the fairest, and vse them as fol-
loweth: Lay a broad lane of faire sand vpon a low flower on the
grounde, halfe a foot thicke, then lay your rases of Ginger vpon the
sand in order, couer the Ginger with moze sand, foure or fife inches
thicke, sprinkle the sand ouer with faire water twise euery day that
it be moyst, thus dayly doe, till ye shall perceiue your Rases to bee
soft. Then take vp your Rases, wash them, and scrape them cleane,
haue a sirrope ready made, as aboue is sayd, seeth them in it til they
bee well seasoned: take them vp, and with some of the sirrop cal them
or put them into a pot of stone.

To make Manus Christi. Chap. 16

Take half a pound of fine white sugre, put thereto foure ounces of
Rosewater, seeth the vpon a soft fire of coals til the water be con-
sumed, & the sugre is becom hard: the put therein a quarter of an ounce
of the powder of Pearls, stir them together, put for euery consul a
peece of a leaf of gold cut of purpose, cast them vpon a leaf of white
paper, being first annointed with sweet Butter for cleauing too.

To make Aqua composita. Chap. 17.

Take foure gallons of the best Ale, drawne fro the yeast 24. houres
after it hath stood turned, & put it into a close vessel, wherein ye shal
put these hearbs following, and 4. ounces of Licorise scraped & bru-
sed in a morter, & so much Annise seed wel garbled, then stirre them
together twice a day for the space of thre daies, & let them stand 24
houres after: then put them into the stilling pot, and (if you please)

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You may also put in the lees of Maluisey or Sack, or any other distilled waters, but fill not your pot too full: then set on your Limbeck and close it fast to the pot, and keep a soft fire under it. These are the hearbs with their quantities.

Rose, Time, Rosemarie, Sage, Parslie, Boyage, Lanyresceffe, red Fennell, Sozrell, Hartes tooing, Bay-leaves, Buglosse, Scabias, Marigold, Costmary, Ribwoort, Scentory, Liuerwoort, Fumitorie, of each a handfull.

Margerum gentle, Basil, Mints, Champane, Woodbind, Patience, Valerian, Endiue, Clozewood, Pneropall, Cammomill, of each halfe a handfull.

To make Aqua Vita. Chap. 18.

Take foure gallons of strong Ale or wine lees, & put them in a vessel, & couer it well: then put to it three or foure handfull of Rosemarie, Pneropall, Liuerwoort, Hartes-toong, or any other good hearbs, and stirre them together twice or thrice a day, for the space of foure dayes: then put them in a brasse pot, and fill with a temperat fire, for els you burne your pot and loose your Aqua vite, which will stinke and looke red: Also, looke you keepe your water in a temper, and when it is very hot, let it out, and put in cold water againe into the upper part of the Limbeck, and so change your water as it waxeth hot.

Take a Spoonfull from vnder the spout, and light it with a paper, and if it burne cleane out it is good, els not.

How to make diuers necessary Oyles of great vertue. Chap. 19

Oleum Hipirici.

Take the tops and flowers of S. Johns woort that hath red suite, three ounces, shred them small, and lay them to sleepe in sweete Wine, as much as needeth three dayes: then boyle them in a double glasse close stoppt, & presse out the liquor from them, which done foure times with fresh flowers, and a little more wine, if any be wasted, if not, take the wine the fourth time strayned, put to it, Terebintih. 3. ounces: of good Oyle, 6. ounces, and of Saffron a scruple, so let them boyle till the wine bee consumed: which poured cleare out from the grounds, reserue to be used.

It is hot and dry, and binding, wherefore it healeth the cuts and wounds of the sinewes, taketh away the paine of the hips, thighes, and bladder, and helpeth the urine,

Oile

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Oyle of Rue.

Take blossoms and tops of Rue so many as you list, which small shred, put into some glazen vessel, and poure to so much sweet oile as will couer them, and close stopp, let it stand in the Sun, or in some other hot place fīue dayes: then boyle it, and being strayned from the hearbs, take so many fresh hearbs, and vse it as aforesaid, four or fīue times, and reserue it to vse, as aforesayd.

It is hot, opening, resolving, and mitigating paine: it heateh the raines, bladder, and Parris, it taketh away the paines of them, & the Collicke, if the belly be annointed therewith, or a glister made therewith, it is good for the sinews, helpeth the Cramp, and putteth away cold humors.

Oyle of Dill.

Take the flowers and leaues of Dill, &c. as afoze of Rue. It mitigateth paine, openeth the pores, prouoketh sweat, resolueh vapors, impostumes, swellings and hardnes in any place, & if the backe bone be annointed, it easeh the paynes and growing of Feuers.

Oyle of Elder flowers in the same maner.

It souleth, cleanseh the skin, helpeth the weaknes of the Liuer, and the stopping of the same, and greatly asswageth the paine of the soyntes.

Oyle of the leaues & flowers of Cammomill, as of Rue & dill

It is good against the pleurisie, openeth the pores, resolueh vapors correcteth the euill quality of humors, and is good for the sinewes, and abateth the paine maruellously.

Oyle of sweet Mints, as aforesaid.

It comfozteth a weake stomacke, stayes vomit, moues appetite, helpeth concoction, and taketh away loathsomnes.

Oyle of Wormewood.

It is hot, and comfozteth the partes that are too much cooled, chiefly the stomacke, prouoketh appetite, taketh away obstructions, and killeth worms.

Oyle of Roses, and of Rose buds.

It is good against inflammations, it cooleth the burning and boiling of the stomacke, and fretting of the bowels, if it bee giuen in glister, and to annoint the teeth, it taketh away the ache.

Of the Oyle of Violet flowers.

It is good against all inflammations and heat.

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To make Oyle of Earth-wormes.

Take of Earthwormes halfe a pound, of good Oyle two pound, of sweet wine two ounces: boyle all together, vntill the wine be quite consumed, then straine it and keep it.

This Oyle is good for the sinewes that are colde, and helpeth the paine in the ioyntes.

Oleum benedictum.

Take of Oyle two pound, Storax Calamie, Labdanum, Olibanum, Saffron, Gum-Arabick, Gadder, gum of the Iuie tree, Aloes, Succotrine, Balsick, Cloues, Galingale, Sinamon, Nutmegs, Cubebes, two ounces, Gum Clamie a pound, Pirrhe Bellium, halfe an ounce, Galbanum, six ounces, Spike, an ounce, Rosin of the Pine tree, Armoniak, Opoponax two drams: beat all to powder that is to be beaten, and mixe it with the Oyle, and put all into a Stillicorie of glasse, with the head and receiuer so closed, that no aire come out, setting your Limbecke vpon a soft fire, twelue houres, encreasing your fire from six hower to six, till all be killed. This done, beat all the residue in the bottom of the Still to fine powder, and with the same Oyle distill it the second and third time as afoze, and it shall bee as it were Balme.

It is good against Crampes, Palsies, paines of the ioints, colde Cataras, green wounds and Ulcers, it comforteth the spirits, openeth obstructions, one drop in the eare helpeth the hearing. A rose cake dipped in it and layd to the temples, helpeth the Pegrin, and taketh away the swimming of the head: an ounce in sweet wine drunk three dayes together, cureth the disease of the Lungs and the quartaine Fener: If you giue a spoonfull with wine thirty dayes with a little powder of Piony rootes, it helpeth the falling sicknes: so that if the coronal comassure be also anointed, it easeth the pain of the french Pockes, and is good against the stinging of any venemous beastes, and for all diseases of the sinewes.

To make Conserue of Roses, or other flowers. Chap. 20

Take buds of red Roses somewhat before they be ready to spread: cut the red part of the leaues from the white, and beat and grind them in a stone morter with a pestle of wood, and to euery ounce of Roses, put three ounces of Sugre in the grinding (after the leaues are well beaten) and grind them together till they be perfectly incorporated, then put it in a glasse made of purpose, or els into an earthen pot;

pot, stop it close, and so keep it. Thus ye may make Conserues of all kind of Flowers commonly used for Conserues.

The vertue of Conserue of Roses.

Conserue of Roses comforteth the stomack, the heart and all the bowels, it mollifieth and softneth the bellie, & is good against black Choller, and melancholy. Conserue of white Roses doth loole the bellie more then the red.

To make Conserue of Violets. Chap. 21

Take the flowers of Violets, and picke them from the stalk, beat and grind them with Sugre as you did your Roses: to these put double the waight of sugre to the waight of Violet flowers, but to all flowers, put thre parts of sugre to one part of the flowers.

The vertue of the same.

Conserue of Violet flowers is good against the heat and inflammation of Choller, called yellow choller, it quencheth thirstinesse, it maketh the belly meyst and solluble.

The vertue of Conserue of Buglosse. Chap. 22

Conserue of Buglosse flowers comforteth the heart, it is good for the frantick, and for the Melancholy: it is good for the Sincop and swooning, it taketh away heart burning, and trembling of heart or stomack, it profiteth against Choller.

The vertue of Conserue of Borage. Chap. 23.

Conserue of Borage flowers is of like vertue: it is especially good against blacke Choller, or Melancholy, it also maketh one merry.

The vertue of Conserue of Rosemarie. Chap. 24

Conserue of the flowers of Rosemary, comforteth the colde and moist haine, it comfortes also the sinewes, it is good against melancholy and steme.

To keepe Cherries condict, or Gooseberries. Chap. 25

Make your sirrop as for Plums, then take half a pound of Cherries, & cut off halfe the length of the stalk of euey Cherry, put them into the sirrop, and vse them as you did the Plums, put in what spice please th you. & so keep it as before is written: but make your sirrope strong ynough of sugre, least it waxe hoze and corrupt: then must ye make a new sirrop, stronger of sugre. & put the Cherries in it to keep, as before is sayd: Thus may ye do with Gooseberries to make of them tartes or sauces all the yeere long, sauing that Goose-

berries

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berries may be wel sodden without breaking, because of their rough skinne, so it be softly and diligently done.

To make a Conserue of Iellie of Quinces, after my Ladie

Gray Clements sort, ynfayned. Chap. 26

Take five pints of faire water, put it in a faire vessell, put cherto the whites of five Egges, and with your hand all to beat the water and the Egges together, till you shal see your liquoz rise with great some: then put into your liquoz five pounds of sugre, to five pintes of water, that is halfe measure, if ye make it at Michaelmas or at Hallowtine: after that five pounds and a halfe of Sugre will serue five pintes of water. Then set your liquoz, Egges, and sugre on the fire, and let them seeth till the scum arise: then take it off & scum it cleane and set it on the fire againe, and scum it still, as long as there will any foule thing or scum arise: Then put in twelue pound of Quinces with the cores taken out, so set them boyle softly, and still scum it if any thing doe arise: and when it be ginneth to looke red, lay a brop of it vpon a paper, and when ye find that it will stand vpon the paper, then it is sodden ynough: then take it off and let it run throug a fine haire sieue into your booke, and with a spoon take off the froth aboue, and this will keep, but it must seeth soberly and no rash fire, but a continuall reasonable fire.

To preserve Quinces all the yeere, as it was vsed

for King Edward. Chap. 27

Take your Quinces and pare them, and seeth them in cleare water till they be tender: Then put the water from them: then take sugre and put water to it, to a pound and a halfe of sugre, put halfe a pint of Rosewater, so seeth them together till it be like a sirrop, and seeth them all till they bee browne. Then take out the Quinces, and let the sirrope seeth againe till it bee somewhat thicke, as pee see the sirrope of Greenc ginger. Then put in your Quinces againe, and let them seeth thre or foure water noller whiles, then take the from the fire, and put them in a stone pot, or a little vessell of wood, and thus keep them all the yeare: If ye list to put Sinamon you must put to euery five pounds of Sugre, one ouce of Sinamon, and if ye haue no store of Rose water, ye may make the same sirrop of running water, but it will not be so pleasant as Rose water, but it will doe very well.

To make Quinces in sirrope. Chap. 28

Take

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Take thirty Quinces, and take out the coares of them and pare them, and euer as they be pared, cast them in faire water, where they are are allpared, take a pot of faire water, and put your Quinces in it, let them seeth til they be so tender that ye may put a strawe or rush through them: then take to your quinces fixe or sire poundes of Sugre, and take some cleane water, as much as ye thinke will couer your Quinces, and put into this water your Sugre, and soure or fixe whites of Egges all too beaten, so that there may rise vppon them a froth. Then put them so dysses into your water with Sugar, and let that stand vpon the fire till it hath sodden a wallop or twaine. Then take a peece of a woollen blanket, and poure this water through with sugre and all: Then put this water into a fair pot, and the Quinces together, and let them seeth till your Quinces bee very tender, and euer as there riseth any white or any thing, scum is off cleane. Then take out your Quinces, and let your sirrope boyle, till a spoone will stand in it, and when your sirrop is cold, put in your Quinces and stop it close, and within thre dayes looke vpon it againe, and if the sirrope ware thicke, take moze water and Sugar, and dyssle it as afoze witten, and when you haue put it through a cleane cloath, then take the Quinces and the new sirrope, and put altogether, and let them seeth a while: Then take out your Quinces and let the rest seeth till it come to a sirrop, and when your sirrop is cold put your Quinces in, and so keep them all the yeare, but before that your sirrope be thicke ynough, or els it will marre all: you may not put in your Quinces at the second seething, till your sirrop bee somewhat thicke, for they be not put in to seeth, but to soake out the wattraesse of the first sirrope, and therfore they may seeth but a litle while at the second seething.

To make Conserue of Damsons, Chap. 29

Take Damsons and wash them in faire water, and dyie them with a cloath, and put them in an earthen pot, and fill your petic with them, and couer your pot with a peece of paste, and put your pot in an emptie Duen which was filled with bread: then put in your pot after the bread is out, & stop it very close, and let it stand foure houres: Then take it out, and put your Damsons in a peece of thicke Canuas, and let the liquoz that runneth from them, come into a fair pan, and in any wise breake not the Damsons that be in the cloth to haue

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more liq̃uor, for you must haue no liq̃uor but that which cometh from them. Then take a faire boyling pan, and put your liq̃uor in it and put to it as much beaten sugre of the finest, as yee thinke will make it sweet, and seeth it vpon a quicke fire, and when yee thinke it is ynough, take a sawcer, and with your stirring sticke let a drop fall vpon your sawcers side, and if it be ynough it will be somewhat stiffe. Then take it from the fire and put it into your boxe, also you must stirre it still.

To preserue Damsons. Chap. 30.

You must take for euery pound of Damsons halfe a pounce of sugar. First, make your sirrope with Sugar and Rosewater, and when yee haue boyled it a while, then put in your Damsons so that they lie not too neare together, so let them boyle till they bee red at the stone: then take them out, and put them in a platter: then put in more to the same sirrope, and let them boyle as the other did: and when they be all boyled and colde, close the skinnes as close as yee can, and poure on the liq̃uor being hot, and so let the stand a while or euer that you put them into the glasse.

To make Wardens in sirrope. Chap. 31

Take Wardens, and cast them in a faire pot, and boyle them till they be tender: then take them by and pare them, and cut them in two or three peeces, and take powder of Sinamon a good quantity, and put it in red wine, and straine them, and cast thereto Sugar. Then put it in an earthen pot, & let it boyle together, and when they are well boyled, take powder of Ginger, and collour it with Saffron and looke that it be poynat and dulcet.

To make Prunes in sirrope. Chap. 32

Take Prunes, and put Claret wine to them, and Sugar, as much as yee thinke will make them pleasant, let all these seeth together till yee thinke the Liq̃uor looke like a sirrope, and that the Prunes be well swollen: and so keep them in a vessell as yee doe greene ginger.

The vertue of Conserue of Succory. Chap. 33

Conserue of Succory is good against yellow and blacke Cholier, and in the burning and heat of hot Feuers,

¶ The vertue of Conserue of Elderne flowers. Chap. 34

Conserue

Conserue of Elder is good against the Spypew, it cleanseth the stomacke and the whole body from scabs.

Gather the clusters or bunches whereon the flowers growe, when they are new blowne or syred, lay them vpon a faire sheet a broad in a chamber a day or two, till yee shall perceiue the flower will shake off and fall away: then picke them cleane, and make therof conserue, as ye doe of other flowers.

And whereas it is moze wholsom then pleasant, therfore put some other conserue (such as ye list) amongst it, when ye will occupie it.

The vertue of Conserue of Sorrell, Chap. 35

Conserue of Sorrell is good against all kind of heates of the stomacke, and other principall partes of the body, and against yellow Choller.

Take leaues of Sorrell, wash them cleane, and shake off the water cleane, or els tarie till the water be dyed cleane: beat them and grind them with Sugre, as aboue, and then keep them.

The vertue of Conserue of Maidenhaire. Chap. 36.

Conserue of the leaues of Maydenhair, is good against the sicknesses of the side, called the Pleurisie, and for all the diseases of the breast, and of the lightes, and in all maladies of Pelancholie, and against red Choller.

Make it as ye doe Conserue of Sorrell.

To make Conserue of Elecampana roots. Chap. 37

Take the rootes of Elecampana, wash them cleane, slice them into peeces as big as your thumb, seeth them in fayre water till they be tender, take them by and powne them, and drabe them throughe a haire sieue: put therco in the second seething the double or treble waight of Sugar, and when the Sugar is perfectly incorporated, take it off, and keep it.

The vertue of the same.

Conserue of Elecampana is a good comfort to the stomacke, and the nourishing of the members, it maruellously looseth rough sleame, dissolueth and consumeth the same, by the siege it auoydeth it.

To make Conserue of Acornes or Gladen, with the vertue of the same. Chap. 38

Take the rootes of yelow Flowerdeluce, which groweth in moist ground, otherwise called Flag roote: wash them, & scrape

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them, seeth them, & order them as ye do of Elcompara, now last be-
fore rehearsed, and so keep it. This conserue is good against all sick-
nes of the bzaine, and sinewes, and against all diseases of the wombe. Un-
to women it openeth naturall course, and tearmes.

And you must generally learne, that in making conserues, fruits
and roots are made with fire and seething. Moreouer, the more su-
gre or honey is put into them, so it be not past threepounds to one, the
Conserue shall continue the better.

To make Conserue of Strawberries, with the vertue
of the same. Chap. 39.

Take Strawberries one quart, cleane picked and washed, set
them on the fire til they be soft, straine them, put thereto two
times as much sugre in powder as the weight of the strawber-
ries, let them seeth till the sugre be incorporated with the Straw-
berries, put it in a glasse or earthen pot well glazed.

The vertue of the same.

The Conserue of Strawberries is good against a hot liver, bur-
ning of the stomack, and specially in the feruent heat of an ague.

To make Conserue of Cherries and Barber-
ries. Chap. 40

In like sort you must make Conserue of Cherries, and also of
Barberries, sauing that these require more Sugre then the
other doe, which are not so sowre as they be.

Here is to be noted, that of Conserue of fruites may bee made
Marmalade: for when your Conserue is sufficiently sodden, & ready
to be taken off, then seeth it more on height, & it will be marmalade.

Moreouer some make their conserue, marmalad & Sirrops with
cleane Sugre some with cleane honey clarified: some with Sugre &
honey together: and after the opinion of some great Clarke, honey
is more wholesome, though it be not so toothsome as Sugar.

To make all kind Sirrops. Chap. 41.

Take Buglesse, Borage, white Endiue, of each one handfull: of
Rosemary, Time, Hyssop, winter Savoye, of each halfe a hand-
full: seeth them (being first broken betwix your hands) in thre
quartes of water vnto threepintes, then straine it, and put in the li-
quor whole Cloues an ounce, powder of Cinamon halfe an ounce,
powder of Ginger a quarter of an ounce, one Nutmeg in powder, of
Sugar

Sugar halfe a pound and moze : let them seeth vpon a soft fire. well stirred for burning too, vntill it come to the thicknesse of liss honey, then keep it in Gallie pots. If you put one pint of Galmesey in the second seething, it will be better. When it is perfect, haue six grains of fine Muske in powder: stirre it amongst your sirrope as yee put it into your Gallipot, and couer it.

This Sirrope will last many yeares, & is excellent against cowning and faintnesse of heart: it comforteth the braine and sinewes, if it be vsed as much as a Hazell nut at once, at your pleasure.

A Violet powder for woollen Clothes and
Furres. Chap. 42.

Take of Treos two ounces, of Calamus Aromaticus, thre quarters of an ounce, of Cypres, of Galingale, of Spikenal, of Rose leaues dyed, of each a quarter of an ounce, of Cloues, of Spike, of Lauander flowers, of each halfe an ounce, of Nigella Romana a quarter of an ounce, of Benjamin, of Storax Calamit of each half an ounce, let them be all finely beaten and searced. Then take two or thre graines of muske, dissolue it in Rose water, and sprinkle the water vpon the powder, and turne it vp and downe in the sprinkling, till it haue drunk vp the water, when it is drie, keep it in bags of silke.

A sweet Powder for Napetic, and all Linnen
clothes. Chap. 43.

Take of sweet Marozum (that which is hoarie is the sweeter) when it hath in him seeds ripe, cut the branches, so that the roote may spring againe: when the Mariorum is dyed, then rub out the seedes, and keep them to solue about Easter. and the huskes and leaues that grow about the seeds take for your purpose, rub them small, (for if you beat them to powder in a mortar, they wil loose the most part of their sauor) then take of white Saunders, or of gray Saunders, but looke that they be newe, of right sweet odour, for if they be old and haue no pleasant and quick odour, they are nothing worth: Take (I say) of these sweete Saunders beaten into fine powder, an ounce, and put it into an ounce of your sweet marozum, rubbed between your hands, as befoze is said and if you put one or two graines of Muske thereunto for your wearing liaren, it is the better: solue these vp in a silk bag together, and lay it among your linnen: of such bagges haue a dozen or two, which

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will continue many yeares, and when you looke to your linnen, then chase each of the bags between your hands, that they may peele out their sweet odour. Whereouer, in the Summer time gather red roses in faire weather, so soon as they be blown & opened, lay them vpon a table, a bed, or faire floore of boards, and now and then remoue them least they moulder & waxe stinky. When they are dry, picke off the leaues, that you may haue two peckes of them, then straw them among and between the boughes and foldings of your linnen, with one handfull of drie Spike flowers to fire handfull of drie Roses, & lay your sweet bags amongst them. Be sure that your linnen be euer thorough drie, ere euer ye lay them vp, or els the Roses wil waxe hoze: let your cof-fer in a drie aire, and in the winter time, or in wet weather, when ye perceiue your roses to waxe moyst, then put them in a pillow where or twain, that they fall not out, and lay them vpon your bed, betweene the couerles & the blanket at night, or els before the fire, let them dry and straw them again. Whereouer, ye must alwaies haue a bagfull of drie Roses in store, kept in a drie aire: for if he loose his rednesse, then loseth the Rose his sweetnes. Finally, you must every yeer put away your old Roses, and occupie new, but keep your sweet bags stil many yeares.

To make a Pome-amber. Chap. 44.

TAKE Benjamin one ounce, of Storax Calamite halfe an ounce, of Labdanum the eight part of an ounce, beat the to powder, & then put them into a brazen ladle, with a litle Damask or Rosewater, set them ouer the fire of coales til they be dissolved and be soft like wax, then take them out and chase them betweene your hands as ye doe waxe: then haue these powders ready finely searced, of Sinamon, of Cloues, of sweet Shunders, gray or white, of ech of these thre powders half a quarter of an ounce, mixe these powders with the other, and chase them wel together, if they be too drie, moisten them with some of the Rosewater left in the ladle, or other: If they waxe colde, warme them vpon a knives point ouer a chafing dish of coales: then take of amber Greece, of Musk and Cinet, of each thre graines, dissolve the Amber Greece in a silver spoone ouer hot coales, when it is cold make it small, put it to your musk and Cinet: then take your Pome that you haue chased and gathered together, and by litle and litle (with some sweet water if neede bee) gather by the Amber, Muske, and Cinet, and mixe them with your ball, till they be perfectly

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fectly incorporated, then make one ball or two of the lump, as yee shall thinke good, for the waight of the whole is about two ounces, make a hole in your ball, and so hang it by a lace.

If you perceiue that the ball is not tough ynough, but too brittle, then take a curtesie of Storax liquida, and therewith temper your ball against the fire, but take not too much Storax liquida, because it is too strong. Or the better way is to haue some Gum, called Dragacanthum ready dissolved in sweet water, it will be dissolved in two dayes, and with that gather your ball with the heat of the fire: this ball will bee of like goodnes, within as without, and of great price.

Some men put in the making hereof, three or foure drops of oile of Spike, beware of too much, because it is very strong.

When you will haue your ball exceed in sweetnes, break it and haue two or three graines of Muske, or Ciuet, or Amber Greece, as you delight in, or altogether: Dissolue them in Rose or Damaske water, and with the same chafe your Ball over the fire till it bee drunken in, then pearce a new hole, as before.

To make a fine Fumigation to cast on the coales, Chap. 45.

Take of Benjamin one ounce, of Storax Calamite halfe an ounce, dissolue them as for a Pomander: then haue ready these woods powders, or one of them, Ginger, or Cypres, or of white Saunders, and Cloues, of either halfe a quarter of an ounce, all in fine powder: mixe them all together, of either halfe a quarter of an ounce, all in fine powder: mixe them all together, and with some Storax liquida gather them together with the heat of fire: then make them round, of the bignes of a blacke floe, and with your seale print it a cake while it is warme and soft.

Of these cast one or two upon a chafing dish of coales, to purge all pestiferous and corrupt aire out of your house: if you put to the other things the powder of Amber beads, it will be the sweeter. Some put also Labdanum, as before said in making the Pomander, herein doe as the saueur shal please you.

To make the same in Osets. Chap. 46.

Take a litle of fine powder of Sallow, or willow coales, mixe with it some of your fumigation last before named, in the making, worke them well together, then fashion it with three or foure feet like a Cloue, and when it is drie, kindle the end of it at a quicke spale, and it will peelee a sweete saueur: put not too much coales
for

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For then it will ſauour of them. put not too little coales, for then it will not keep fire, put not too much Storax liquida, for then it will be too brittle and too moſt, and will not lightly drie: therefore it ſhall be very well to haue ſome Gum of the Cherry tree, or Plum tree, which they call Gum Arabike: diſſolue ſome of it into ſweet water, till it be liquid and tough: with this gather your Odelets, or other Fumigations.

A moiſt fume vpon a Fuming diſh. Chap. 47

Take a peece of Pommeamber, as big as a Hazell nut, bruife it, put it into your fuming diſh, with ſweet water: put thereunto a few Bay leaues, as much of dried Bazel leaues, a litle roſe-marie, and ſet it ouer the fire vpon a cuphoord, or els inſtead of the Pommeamber, put two or three of the Cakes before written, broken ſmall, and nine or ten whole Cloues: and if you will haue it excellent ſweet, then put one or two graines of Pulke, and let the leaues and them ſtand ouer the fire together, as before is ſaid.

A Fumigation for preſſe and cloathes, that no Moth ſhal breed therein. Chap. 48

Take of the wood of Cypres, or of Juniper, of Roſe Marie dried, of Storax Calamite, of Benjamin, of Cloues, alike waight, beaten into fine powder, then take of the powder of Clozewood leaues, dried, as much as all the others: mix the wel together, caſt therof vpon a chafingdiſh of coals, and ſet in your preſſe, and ſhut it cloſe: and thus do oft times, till you haue wel ſeaſoned your preſſe or coſſet.

A Perfume for a Chamber. Chap. 49.

Take Roſe Marie, Sweet Mariorum, Bay leaues, of each a handfull, a penitwoorth of Cloues, vinigre, and Roſewater, a ſufficient quantitie, boyle theſe in your perfuming pot, which ſmell is ſweet, and whoſſome.

A perfume of Damaske. Chap. 50

Take Storax Calamite ſiue ounces, Benjamin, Labdanum, ſoure ounce, Sinamon one ounce, Pulke ſoure graines, Cloues a dram Roſewater half a pound, ſtamp them together, and when you wil occupy them, put them into your perfuming pan, and boyle them.

An odoriferous ſweet ball againſt the plague. Chap. 51

Take Storax, Labdanum, of each a dram, Cloues halfe a dram, Camphir halfe a ſcruple, Spiknard a ſcruple, Nutmegs a dram

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of all these make a paste with rosewater, tempered with Gum D^{ra}o gayant. and Gum Arabick, stirring and bruising them well, of this paste make your balles, and warme them.

An odoriferous white powder. Chap. 52.

Take Trioxelect three ounces, white Saunders two ounces, Damaske Roses, Lignum Aloes, Benjamin, Cipzi Alexand. of each two ounces, Muske foure graines, Ciuet three grains, beat and sift them by themselves, and incorporate them in the same moztet you beat them in, and keep it in a vessell well stopped.

A fine red powder. Chap. 53.

Take Damaske Roses two ounces, Sandali Attiui one ounce, Ligni Aloes, Ligni Alex. of each a graine, fine Muske three drams, Ciuet two drams: mixe them and beat them, and keep them together, as before.

A sweet blacke Powder. Chap. 54

Take Cipzi Alexand. Ligni Aloes of each halfe a dram, Sandali Cyrint, Damaske Roses, of each an ounce, Cloues three graines, Muske three graines, and as much Ciuet, beat these together, and keep them close in a violl well stoped.

A Powder wherwith to make sweet water. Chap. 55.

Take the wood of Cipresse, or the root of Galingale one quarterne, of Calamus Aromaticus one quarterne, of D^{ra}ce or Iris one quarterne, of Cloues one quarterne, of Benjamin one quarterne: Or ye may take of each of these one ounce for a portion, let all be beaten into powder, and when you will distill your roses, fill your Still with Rose-leaues, and a fewe Syke flowers, and vpon the top of some strow some of your powders, and so distill them.

Some put a little of the powder of Nigella Romana to the other powders.

These Cakes will be very sweet, put the water in a large glasse, and to the pot put twelue graines of Muske, let it hang in the midst of the water, in a thin linnen cloath with a thred, set it in the Sun, twenty or thirtie dayes, then take the glasse in, & set it in a drie aire.

Conclusions and rules to be vsed in distilling, and the ordering of each hearbe or flower before they

be distilled. Chap. 56.

First a soft fire maketh sweet water, and the sweetnes to continue strong.

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Secondly, coales still the best water.

Thirdly, wash nothing that you will still, but wipe it with a clean cloth. Fourthly, all hearbes, flowers and seeds must be gathered when the dewe is off them.

5 That which you will still, must lie at the least sixe houers before you still it.

6 All Spices corrupt your water, except Amber Grece, Cinct, and Muske.

7 Scum your water well.

8 Keep your still very cleane.

9 Wash your still, but not often, & then dry it with a cloth.

13 The glasse still is best, the tinne next, the earth not so good as the tinne, and the leaden is worst of them.

11 Tender flowers, as Violets, Gilliflowers, and such like wold be stilled in a glasse.

12 All compositions must be stopped close before, and in stilling diligently weighed and measured.

13 Liquid waters must haue greater fire the dry & light waters

14 Still not your glasse too full.

15 Put stoe of ashes vnder your still, that your still shal not burn.

16 Wipe the upper part of the still often, but specially the ridge.

17 Diligence in looking to all things.

18 Bozage must bee distilled: the hearbe with the root chopped together.

Hyslope, the leaues stripped from the stalke, when it beares blew flowers.

Camnomill, the hearbe and flower chopt together in the midst of May.

Dill, the hearbe in the beginning of May.

Fumitorie, the whole substance chopped in the end of May:

Pint, either red or other, the hearbe, stalke and leaues chopped in the middle of May.

Roses, the flowers, cutting away the white ends.

Rosemary, the flowers, bud, and leaues stripped from the stalk in May, in the flowering.

Sentorie, the hearbe and flowers chopped in the end of June.

Violets, the flowers in Aprill,

Woodbind,

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Woodbine, the flowers in the beginning of June.

To make water of the same cullour of the flowers
that you distill. Chap. 57.

First, distill your water in a Stillatorie: then put it in a faire glasse, and take the budde of Roses, and cut away the white, and put the leaues into the skiled water, then stop the glasse, and put it into the Stillatorie to still, putting hearbes into the Still for feare of burning. After this, straine the water from the leaues, and scum it well.

A compound water to perfume gloues, or
other things. Chap. 58.

Take Damaske water double skiled, a pounce, Muske ten graines, Ciuet three graines, Amber Greece foure graines, beate all these together to powder, and put it into the water aforesaid, and stop it close, and vse it without any more skilling.

To make Damaske water. Chap. 59

Take Damaske Roses and red Roses, of each a handfull, let them drie foure houres in the shadow: then take two drams of Labdanum, Nigella Romana two peniwoorth, Iris half an ounce, Storax two drams, Cloues an ounce, Benjamin, Calamus Aromaticus, Nutmegs, of each halfe ounce, Pariazum, Bazell of each halfe a handfull: bruse the spice and put it in Balm-sey, or the lees thereof the space of foure dayes: then distil it and scum it foureteen dayes.

Another maner of making Damask water.

Chap. 60.

Take of Trice, or Iris, of Spike flowers dyed, of Cloues, of each an ounce, make them in powder, put them together, with a pinte of new Ale in Coznes, and one pint of Rosewater in an earthen pot, put thereto a great many of green Roseleaves, let them soke in a night time stopped close: in the morning when you shall distill, first lay other Roseleaves in the bottome of your Stillatorie for feare of cleauing too, then take of the Roseleaves out of the pot, and put them with other greene Roseleaves, in your Stillatorie sufficient, and to the water put Muske, as aboue is sayd. This water is excellent to set forth a Tart, for Apple Hoyle, or Almond butter,

The Closet, or Treasurie.

To make a sweet Damaske powder foure
manne of wayes.

Take two or three handfull of dried Roseleaves, two graines of
Muske, halfe an ounce of Cloues, and beat all these to powder.

2 Another way.

Take five ounces of Orace, foure ounces of Cloues, two ounces
of Storax Calamite, an ounce of Labdanum, with two ounces of
yellow Sauanders, and a little Muske.

3 Another way.

Take two ounces of Cloues, foure ounces of Syzyue, four ounces
of Storax Calamite, foure ounces of Roses, thre ounces of
Beniamin.

3 Another way.

Take three ounces of Cypres, four ounces of Beniamin, two ounces
of Coliander or Labdanum, three ounces of Storax Calamite,
two ounces of Roses, beat all to powder.

To make Pepper soft: with the vertue of the same.

You shall doe this after the same maner as is shewed for greene
Ginger, in the 15. Chapt. that is, with sand, and the like sir rope, sea-
son and keep them. Ginger and Pepper in sir rope comfirteth a colic
Stomacke, and helpeth much to good digestion.

To keep Barberries.

Take clarified Sugar, and boyle it till it be thicke, which you
shall perceiue, if you take a little betweene your fingers, it will rope
like byrdlime then put in your Barberries, and let them boyle with
a soft fire vntill you perceiue they be tender: then put them in a glasse
and couer them and so keep them.

THE





The knowledge of the names

and naturall disposition of diuers diseases that most
*commonlie happen to mollest and grieues the bodies
of men and women.*

Chap. 59.



Elefancium is an euill which is easie to be known.

2 Gout Cain, is *Morbum caducum*, that is to say, the falling sickness.

3 Spulencia is the same euill, or very little difference,

4 Lyrargium is a perilleus euill, for he that is therein, is alway sleeping: for it hath been seen, that a man in that euill hath slept himselfe to death.

5 Squinancia is an euill that is in the throtehowle, and when it taketh all the necke it is signe of death except medicine helpe.

6 Sciatica passio, is a passion that sitteth in the Wyrell bone of the hip, and holdeth his course betwene that bone and the Ridge-bone, and then falleth, but his abiding is most in the Wyrell-bone.

7 Colica passio, is a passion that is in a mans Arse-gut, but it shooteth into all the guttes, and into the flanke, but his most paine is principally in the Arse-gut, and that stoppeth both wind and water.

8 Postema is in diuers maners both within the skin and without the skinne, and within the body, for all maner of things that swell beare out the flesh, and therfore all maner of Boyles, Botches, Felions, & other such like may be called postema aswell as those that be vpon the stomack, or on the lungs: There be some that bear proper names, as Peria plonna, the which is an Impostume that is vpon the Lungs, that engendzeth a passion, that is called in Latine Aspi-

The Closet, or Treaſurie

ratio of Respiratio: and it is called in Engliſh, hard drawing of wind: that when a man hath much paine to drawe his winde, which maketh the Lungs to be in paine, for it preſſeth downe the lunges, and cauſeth them to be hote and drie, and that maketh a man to cough.

9 Pleureſim is another Impoſtume that lieth vpon the ſides, and vpon the ribbes, and aketh ſore. And he that is ſo diſeaſed, commonly he is coughing: and the humoꝝ is red, and they bee much waiking and may not well lie on that ſide.

10 Alſo ther is an Impoſtume, that is called in Latin Anutrix, and Antradis: and it is called in Engliſh a Fellon, and they be hotter of matter then the other that goeth out of byles and felons when it is rotted.

11 Tuna is a white watry Skalle, & Acorias is a dry Skalle.

12 Caries is in a maner of an Impoſtume, that is like a wart that bringeth forth a long haire, or two or thre.

13 Caries is the rooted head of a tree.

14 Derias is a Wart. And Cirtis is called an Impoſtume, as it is ſayd heer befoꝛe.

15 There is an euill that is called Riteria, and there be two of them: that is to ſay, the black & the yelow: and eſpecially the blacke, which cometh of the chaffing of the liuer.

16 Alſo there is an euill which belongeth to women, that is called Menſtruous, the which is a flure of blood: And there is another that belongeth to women, that is called, the paine of the Matrice, which containeth from the Matrice to the priuie member. But the Matrice of it ſelfe is like a thre cornered purſe, as it may be made in figure: And that hangeth by certaine ſtrings by the ribs, and by the ſtrailes, and ſo it ſtretcheth downe to the priuie member, which is called the mouth of the Matrice. You ſhall vnderſtand that the Matrice hath in it ſelfe nine foldes, which falleth like pleates of cloath, and in thoſe pleates falleth the ſeed of man, and therein is it nourished, and therein is the child conceived, by reaſon wherof it might bee poſſible that a man might get on a woman nine children at once, and if they were of ſuch complexion that the woman might conceiue in euery fold a child, and if it fortuneth the ſeed of man to fall euen in the pleates, as it may fall: And if it falleth on the one ſide it getteth a
man

man-childe, and if it falleth on the other side it getteth a woman-childe, and if it fall euen in the middle, it is like to be both the male and the female. And therefore, it is all in God, that a man might know the great might and goodnes of his secrets,

17 Also, there is a malady that commeth of the Childes birth, & that is when the childe commeth forth, there commeth therewith a skin, the which is engendred of the seed of man: And it lyeth in the Matrice, & it is diuided in two parts, wherof one commeth to cleane blood, and afterward ingendzeth to a peece of cleane flesh: And then that flesh putteth from him a white thick matter, & that matter engendzeth a skin, which skinne taketh and windeth in the cleane matter asforesayd: and euermore as the childe formeth and waxeth, euen so the skin waxeth with it. And the same skin is called the Secundine: and it keepeth the childe from many perils that should fall thereto, if that were not: for it closeth in the childe, like as the shell incloseth in an egge: for first the shell of an egge was a skin in the beginning of the egge: Wherefore, in this case the skinne is called the Secundine, for it beareth by the Childe: and when this Secundine is any thing pearced or hurte: then is the childe bozne before his time. This Treatise is drawne out of a Chapter called Gilbertus, which sayth that there be five principall thinges that hindereth the birth of a childe. Whereof one is, when the woman with childe is verie sore wrought and angrie. The second is, when shee is smitten with a staffe. The third is euermuch fasting. The fourth, is a great flure of her wombe. And the fifth, is a fall upon the wombe: For all these thinges hurte the Secundine, and maketh the Childe to be bozne to soone, which destroyeth both the woman and the Childe: for then the woman is not kindly purged of the Matrice, and then is the Secundine euill for to heale: and if it bee not well taken away of the Mid-wife. And except shee doe her endeavour well, then it will rotte, and make a woman great as though shee were with childe.

And then there is another Disease: that is, if it fortune that the childe be dead in the wombe, that hath a proper name in Latine, and is called Fetus, of what kind soeuer it be, & if it be dead it may be sayd so, & in English it is called a dead childe: wherfore al maner men

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I charge in gods name to take heed whatsoeuer ye be that read this Treatise, that ye blasphem: not, noz dispute this, being the works of God, wherby ye may plainly vnderstand how ye were brought into this worlde.

18 Also there is another malady, that is named in Latine *Ci-
minus appetitus* or *Morbo Camino*, that is, when an vniuely heat
is in the stomacke and in the body. And so the moisture that shoulde
be in the stomacke, fumeth away, and the heat bingeth vp the moy-
sture, and he that hath that malady is very cosline.

19 Also there is another maladie that is called in Latin *Etic a
passio*, that is, an euill that maketh a man to dry and vanish away:
And in English it is called the drynesse: howbeit the proper name
thereof is *Etick*, and the man that hath that sicknesse shall consume
away, but yet he shall be euer eating, and it is very tokens of mortal
death.

20 Also, there is another disease properly called in Latine, *Flux-
um ventris*, which may be vnderstood in English, all maner of nesh
wombes people, otherwise called the bloody *Flure*.

21 Also there is another *Flure*, called in Latine, *Lienterie*,
this is a flure of the wombe, and this cometh when the stomack is al
slipper, and the matter goeth away vndefied.

22 Also, there is a rother that is said in Latine, *Desenterium*,
and that is when the guts make squamles in the maner of shauing
of guts, and no other as men shall heare after.

23 And there is another disease that is called in Latine *The-
nasmon*, and that is euen contrary to that before, for *Themasmon*
is, when a man is verie cosline and hard wombes.

24 Also, there is another inſtrmitie that is called in Latin *Emo-
randes*, and that is of great abundance of blood, and there will arise
small teats, as it were warts, that will lie within the fundament v-
p the gut, and without both.

25 There is another that is called in Latin *Epicum*, and that
is the going out of the Fundament, for the gut of the fundament will
goe out, and that is a soze euill.

26 Also there will come out of a mans nose much soule fith,
and thereof great abundance, some like Goblets of flesh, right in
his kind, like as *Emeraudes* will doe, and that is called in Latin *po-
lipus*.

Also

27 Also there is another disease of Maladie, that is called in Latine malo Mortuo, and the soze that commeth thereof is called in English a Moxmall, but know yee well, that his beginning is of a Melancholy in the body of man: and it is taken for one of the spices of the Scab: and properly it commeth of a naturall Melancholie, when it is putrified and corrupt of natural Melancholy, and in some men it is mingled with sawse fleume, and be both gendred together of too long using unhollom meates: And sometime it commeth of the stopping of the Spleene. For when the Spleene may not receiue the Melancholie, then by his humors he is heauy of waight, and presseth it downward to the legges, and then beginneth the Pusshes to breake out, and they be called Malum mortuum. Another cause why it is called Malum Mortuum, for it maketh the members, as it were dead, or els that it were flesh: And it is called so because it is not so quick in working as other sozes be, neyther in engendring of new flesh, nor mattereth not as other sozes doe, but alway is hot and drie: and moreover, it will not away till a man die, except hee be the more warie, and it sooner taken heed to. For the Melancholy is the only cause thereof: And his cullour is to be swarth, and as it were a partie blew, and hard: and commonly it is full of stoncs and hard dead flesh, and there will goe out thereof in a maner of a red water, like as if there had been raw flesh washed therein: and it will close in manie places, and when it is closed in one place it will breake out in another: And when it is surely of the Melancholy, the pusshes will bee blacke and blew, and the place will itch soze, and be full of dead flesh, and with Sawcessume it will itch: also it wil be full of sozes & boyls arising thereupon. Also take heed of his digestion, for it will be of great cullour, and much quantitie of vyne and thicke. And knowe well that he that suffereth it, an euill commonly haunteth him, that is called in Latine Dediamine, and all they which are infected with that maladie, there will appeare haire thereupon; as doth vpon a Leaper, but vpon this maladie the haire shall be blacke, and vpon the Leapor the haire shall be white and red: And a naturall knowledge and a true description are all these afoze rehearsed.

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Diuers necessarie obseruations both Physicall and
Astronomicall. Chap. 62

Moreouer, it is to be vnderstood, that euery moneth in the year the Moone hath her course in one of the twelue signes: and in euery signe the Moone is two dayes and a halfe almost. And ye shall knowe also that the twelue signes haue gouernment of euery man and beast in the twelue partes of the body. And whises the Moone is in euery signe: and if the body be let blood or els wounded or burnt, all the medicines that are cannot serue in that signe that hath the gouernment of the place of the body, and it is maruell but that the body be soone dead, or els distraught for euer.

Aries hath the gouernment of the head and the face.

Taurus the necke, the throte, and the knot of the throte.

Gemini the shoulders, armes, and handes.

Cancer the breast, the stomacke, the ribbes, the lunges, and the pylt in the vpper part of the breast.

Leo the heart, the stomacke, and the ridge in the nether part of the breast.

Virgo the wombe, with the Entrailles, and the paunch.

Libra the raynes, the loynes, and the web of the skin, that couereth them, with the haunches and buttockes.

Scorpio the priuie members and the fundament.

Sagittarius the thyes.

Capricornus the knees and hammes.

Aquarius the legges from the knees to the ankles.

Pisces the wrystes and the feet.

Also it is to be vnderstood, that a Laxatiue must bee taken when the Moone is in Cancer or in Scorpio, or in Pisces, & when the wind is in the South, then is it best time to take a laxatiue.

Also if ye should affixe the medicine, make it in the signe retentive, as Taurus, Virgo, and Capricornus, and when the wind is in the North.

Also when he shall be let blood looke that the Moone be in a signe Attractive, as Aries, Leo, or Sagittarius. And looke that it be not in the new Moone, neither in the old Moone too nigh the change. For in the new Moone the blood is waxing, and in the old moone the blood is waning, and therefore take a full moone.

Also

Also if ye will giue a digestiu medicine for to desie any humors, giue it when the Moone is in a digestiu signe, as in Gemini, Libra or Aquarius: and if ye worke by this teaching, ye shall doe much the better, or els it will not goe by reason.

Also beware in these dayes in letting of blood, that is to say, in the Canicular daies, the which begin eigheteene dayes before Lammas untill xxx. daies after Lammas, for they be titled in the Kalender. It is to be understood, that euery day beginneth at hie noon, as the Sunday beginneth his first houre on the Saterday before after noone. And the Sunday, after the day, beginneth before the Sun rising at euery day. It is to bee understood in the Summe rising of euery day is the first hour of the Planets: as to accompt after the Planet, the which Planets the dayes were marked in olde time. For in Latin and French they haue taken their names kindly after the Planets, but in English not so. Sondag taketh his name of the Sun, Monday of the Moone, Tuesday of Mars, Wednesday of Mercurie, Thursday of Iupiter, Fryday of Venus, Saturday of Saturnus. And in this order ye should accompt the houres of euery day by the Planets. If it be Saturday, the houre at Sun rising, which that day gouerneth, by Saturnus, the next day after by Iupiter. And so in order reckon out the seuen Planets. And rise as oft as needeth untill the foure and twenty howres bee fully spent. And this is the course of all the Planets of all the yeere: And if ye be let blood, then look that ye bleed in a good Planet, with the signe that ye be taught to bleed in. Iupiter and Venus be good Planets to bleed in, and Saturnus and Mars be naught: and the Sun and the Moone and Mercurie with good Signes they be good, and with bad signes they be bad. They be called good Signes that be sanguinious, and they that be Melancholious be called badde Signes: and they that be Cholericke and Flegmatick standeth in meane: And therfore beware and keepe your rule, as it is sayd before.

The Closet or Treasurie.

Certaine secret remedies appertaining to women.

To make a woman haue her flowers. Chap. 63.

First looke that the woman bee not with childe: then take of the root of Gladen a good quantitie, and boyle it in vinegar, or els in wine til it be tender: and after set it on the ground in a vessel, that the woman may stand ouer it, and let her stand close ouer, so that the heat may strike vp into her body, and this shall help her: for this sayeth neuer. probatum est.

For the suffigation of the Matrice, and for the falling of the same. Chap. 64.

TAke Asfaltum, that is, Tarre of Iudie, and cast it vpon the hotte coales, and let the woman receiue the smoke into her mouth, and into her nose, and it shall diuie the Mother downe anon.

For sore falling of the Matrice. Chap. 65

TAke the same powder aforesaid, and cast it on hot coales vnder a siege stoole, and let the woman sit ouer it, and strew her with the fume, and stop the siege stoole close with cloathes so that there go no ayre out, and it shall diuie the Matrice by presently, the sauour thereof is so effectuell. probatum est.

For the Flowers to be brought out shortly. Chap. 66

TAke the root of Gladen and make it cleane, & shred a good quantitie thereof small, and put it in an earthen pot, and put thereto a good quantity of vinegar, as need requireth, & then take a couer & couer it close with paste, but let there be a hole in the middle of the couer and the couer bee of a dish meet for the pot. And let the hole bee no more but to put in a quill. And al the while that it is boyling, let that hole be stopped with paste, that no aire goe out, vntill that time that the rootes be soft. Then take it from the fire, and let it coole till the great heat be past, so that the woman may suffer it: and looke that thou haue a chaire with a siege, then take a quill or a pipe that is fit for the hole of the dish that couereth the pot, and vnstop the hole, and put in the pipe, and set the pot vnder the siege, so that the pipe may come vp thorow the siege, that the woman may receiue the other end of the pipe into her boy, as warme as she may suffer, so that the heate may strike vp into the Matrice, and it shall open the Matrice, and she shall haue deliuerie right soone. And as soone as she knoweth that it cometh, doe it away, and she shall be whole by the grace of God.

For

of hidden Secretes;

For the Mother rising vpward,

Chap. 67.

TAke halfe a pinte of *Malmeſey*, and ſet it vpon the fire in a *Peece*, and diſſolue therein 3 ſ. of *Alaſetida*, and let it ſtand ſo ouer the fire the ſaying of ſpace of two *Creeds*, & then giue this to the woman to drinke, and it will put down the Mother preſently.

For the Mother that riſeth vpon a man,

Chap. 68.

TAke *Ambroſe*, called wild *Sage*, and drie it in the *Sunne*, and make a powder thereof, and when the Mother riſeth vp to the heart, giue him to drinke a quantitie of that powder with a little warme liquoz, and it ſhall boyd anon.

To bring forth *Tearmes*.

Chap. 69

TAke *Organum* and boyle it in wine, and Emplaſter it to the priuie member. Alſo take *Cotten* and wet it in *Turpentine*, and make a *Suppoſitory*: Alſo take *Calamint* and *Peniroyall*, and boyle it wine, and let her drinke thereof. Alſo take *Parſnip*, and *Ariſtologia longa*, and boyle them in wine, and giue the ſicke to drinke, or els make a *Suppoſitorie*, and it taketh away the ach of the *Matrice*, and bringeth forth the *Secundine*, and prouoketh *Tearmes*.

Another.

Stewe her with theſe hearbes, *Organum*, *Calamint*, *Sauine*, *Moderwoort*, *Peniroyall*, rootes of *Lillie*, and *Hader*, and make a *Pillary*. Or els *Magdalion*, and put it in a ſtrong linnen cloth, and put it into her *Fundament*.

Alſo, take *Oyle* that a *Goozd* is ſodden in, and make *Suppoſitorie*, and it maketh prouocation anon.

Alſo, take *Garlike* and ſtampe it, and boyle it in *Oyle*, and put it in a bag of linnen cloth, and thereof make a *Suppoſitorie*.

Alſo *Sinamon* and *Pirthe* boyled in water, and drunke, putteth away the *Secundine*.

Alſo, take *Oyle* that is made of *Lilly*, and gine to the woman to eate with bread, or a *Suppoſitorie* made thereof, there is none like thereto in all maner kinds to help the *Matrice*,

Alſo

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Also for feare least the mouth of the Matrice were hurt with any thing, with any annointing: Take oyle of Bay, Oyle of Bulsol, or oyl of Fustill that groweth on an Oake, and therewith annoint the place.

A good bathe prooued for the Flowers. Chap. 70.

Take Sauine, Juniper, Calamint, Peniroyall, Motherwoort, Pericopie, Peliter, leaues of the Bay tree, and boyle them together in water, and bathe the woman therin many times, and she shall haue her termes at her owne mind and will.

Also take an Egge and roste it soft, and put therein Arisafetida, and let her sup it vp when she goeth to bed, and she shall speed anon.

To bring forth the Secundine, and to cleanse the Matrice. Chap. 71

Take Malwes, and Polihocke, Wymwood, Bugwoort, Calamint, and Oganum, and make her a bathe with water, and let her sit therin aboute the Nauell, and let her strike euer down wards with her hands, and it will help.

Item for the same.

Take a Goates skinne with the clawes and the haire, and cut it very small, and cast it into a fire of Charcoale made in a pan vnder a siege-chaire, and let the aire smite vp into her body, and she shall haue helpe.

For the same.

Take Cassia, 3j. Enfozium, 3s. and make them in powder, and take of the gall of a Bull 3y. and of the iuice of Rue 3j. and mingle them together, and then put therto the powders aforesaid, and make a suppositoie of Cotten, and wet it in the confection, and put it in, and it will bringe forth the Secundine, and prouoke the Menstrues.

Another.

If a woman haue good purgation in her chlosed, let her drinke the shauing of Parts hoine in wine, and it shall doe her ease.

To cease a womans Flowers. Chap. 72.

Take the iuice of Plantaine, and put cherto the powder of Bole Armoniack, and mingle them well together: then take Cotten and open it broad, and wet it in the confection, and make thereof a Suppositoie, and it shall cease the fluxe of the Matrice.

To bring forth Flowers, and the Secundine, and
a dead Child. Chap. 73.

Take faire Dates and seeth them in faire water while they
be well sodden, and then take the water and make thereof a
bathe, and let the woman sit therein vp to the heart, and bathe
her well in that water, and it shall bring forth her tearmes,
and the Secundine, and deliuer her of a dead childe, if she haue anie
in her wombe.

Another.

Take Auence, and seeth it in wine, and make a plaster and lay
vpon her Pauell. Or els take the Croppes of Auence & seeth the
in wine, and make therof a Suppositoie, & it will doe the said cure.

Another for the same.

Take the iuce of Dittaine and mingle it with powder of Castor,
and make a Suppositoie with Cotton.

Another.

Will a cloue of Garlike, and put it into her, & it shall bring forth
her flowers soone. Or els seeth Garlike, and let her sit in that water
vp to the Pauell, and soke her well therein, or els make a Supposito-
rie of Garlike sodden in oyle.

If a woman haue too many Flowers. Chap. 74.

Take the foot of an Oare, and put it in a new earthen pot, and
burne it to powder, and let her drinke of that powder with
warne Ale, or with warme wine untill it be ceased.

Another for the same.

Take the middle barke of the Cherry tree, & put away the gray
barke that is without, and take the greene barke and stamp it small,
and giue it to the woman with a little warme Ale to drinke, and it
shall stop the Flowers. *Probatum est*

Another.

Take the iuce of Bursa Pastoris, and the powder of Sanguis
Draconis, and make a Subpositoie therof, and it shall cease.

For to cleanse the Matrice. Chap. 75

Make a Subpositoie of Cotton, and annoint it with Turpentin
and it cleaseth the Matrice of corruption.

For to cease Flowers, and for faintnes & casting in

Child-bed. Chap. 76.

Take the leaues of Birch, and make small bundels thereof, & seeth
them

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them in vinigre, and make a plaster thereof, and lay it to her thare, and to the raines, and if discenterie be in default in the upper gut, lay the plaster vpon her stomacke.

Powder of Holland against the Collicke, and the
gnawing of the bellic. Chap. 77

TAke Sinamon, Annis seed, Fennel seed, Cummin seede, of each a quarter of an ounce of Hauen Liquor as thre quarters of an ounce, of Galingale one ounce and a halfe, of Spikenard a quarter of an ounce, of Seene of Alexandria, two ounces: beat them al into fine powder, & serue them, whereof take a quarter of an ounce in a messe of pottage.

Powder to make the belly solluble, causing a gentle laske :
meet for noble personages. Chap. 78.

TAke Seene of Alexandria one ounce, of fine Ginger halfe a quarter of an ounce, of Annis seed a quarter of an ounce, beat them into fine powder & put the into lod sugar, and make loosings (as before) of the whole, the number of sixteen, whereof dissolue two of them into a messe of pottage, or in a cup of wine, fasting in the morning and fast one howre after. If you do put as much Sugre in powder yee may keep it in a bladder, and the whole powder will serue eight times to receiue: as euen now is said.

A Receipt to restore strength in them that are brought
lowe with long sicknesses. Chap. 79.

TAke of the byawne of a Feasant or Partridge, or of a Capon lodden or roasted of each a quarter of an ounce: keep them in Rosewater two howres, of the Kernels of Nuts, called Pistatium, and of the kernell of a Pine Apple, of each a quarter of an ounce, of Sinamon in fine powder the waight of twenty barley coynes, of the spices of Dianthos, Diamargariton, Letificentes, Galeni, of each the waight of fourty graines of Barly coynes, of the seede of Millon, Pepon, Goord, and Cucumner, of each the waight ten graines the skin taken off, let them be all ground small, then take six ounces of Sugre dissolved in Bozage water, seeth it on height, as for loosings, & when it is lodden ynough, then put in all the other geare, and make Loosings thereof. Whereof one is sufficient at once dissolved in a Messe of Pottage, or a draught of ozinke. Thus doe two or thre times euery day.

To make Loofings. Chap. 80

TAke half a pound of Sugre, and as much Rosewater, or other distilled water, as for Manus Chyisti, seeth them likewise, and when you will know when it is soe pough, take out some vpon a kniues point, and let it coole, and if it be hard like Sugar, then it is sodden pough: Then put into it powder of Ginger, Siuamon, or Nutmeg: Scitire them well together, lay it vpon a paper oyled, drie it as thinne as ye thinke meet, lay on your gold leafe with a conies taylor, cut your Loofings Diamond fashion, and so keepe them.

To perfume Gloues Chap. 81.

TAke the Gloues and wash them in Rosewater, or Damask water, till the scurfie of the leather be gone, and then stretch them forth softly, and keep the water you wash them with still, then hang them vp to drye, and then lay them in a linnen cloath, that is folded three or foure times double, and when they be drye, let them lie in Roseleaves dried a day or two, then take oyle of Ciuet Almonds and Pulke, and grind them together vpon a Marble Stone, stretch them forth softly, and with your hand annoint your gloues three or foure times, and euer among stretch them forth as they drie. Then take Sandifer mixed with a little Amber Greece, and strowe the powder of it thinly vpon them, and lay them in a paper and in a bore: or els melt the Amber Greece, in a quantity of Rosewater, and mixe the Sandifer in it, and so annoint the gloues with the same, then let them drie, and lay them in faire white paper.

2 To perfume Gloues another way.

TAke the Gloues, and wash them as aforesayd, three or foure times, and wzing them euey time softly, then take Gum Dragagant, and steepe it in fine Damaske water one night: Then straine the water through a fine linnen cloath, and take Gum and mixe it with an ounce of Amber Greece, and a quarter of an ounce of Pulke: First, grinde your Amber Greece with oyle of Turpentine: then mingle all together, and roule your gloues with the same: lay them to drie, and lay a paper betweene.

3 A preparatiue for Gloues.

VVAs the Gloues, as aforesayd, till the sent of the Leather be gone: Then take Beniamin two ounces, of Storar Calamite

The Closet, or Treasurie

mite one ounce, let them be very fine: then take Oyle of Ciuill Almonds, and mingle it with Benjamin and Storax vpon a Marble Stone. When it is well ground, put it into an earthen pot with Oyle of Ciuet Almonds, then put in Cloues in powder, and so let it stande close couered: & when you need take a litle Rosewater in a sponge, and rub the gloues softly, and then in like maner, with the oyle called Ciuet, for the same purpose.

4 Another way.

Take twelue graines of Muske, sixe graines of Amber Greece three graines of Storax Calamite, sixe Graines of Benjamin, and a fewe Cloues: grinde all these together with Oyle of Ciuet Almonds. First, wash your cloathes with Fusses dissolued a day in Damaske water.

5 Another for Gloues.

Take your gloues and wash them in Rosewater once or twice, till all the scurfie be gone from them, and then let them drie, and stretch them well out, fingers and all. Then plaine them, and wash them once or twice: Then take two ounces of Storax, and as much Benjamin made in powder, besse your gloues all ouer, on a smooth boord befoze they be drie: then hang them to drie, and when they bee drie, saue the powder that is left.

Then take a pint of Rosewater, and two ounces of Storax, and two ounces of Sinamon, put all these in powder, and cast them to the Rosewater, and let them see the in a close posnet couered. Then take a fine brush, and brush them ouer.

6 Another way to perfume.

Take Amber Greece a dramme, of Muske halfe a dramme, of Fusses a dramme, of Ciuet halfe an ounce, put all these together in a pinte of Rosewater, or Damaske water.

7 Another way.

Take a dram of Amber Greece, a dramme of Benjamin, halfe a dramme of Fusses, a dramme of Storax, a quarter of an ounce of Labdanum, put all these in Rosewater,

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A perfume for Chestes and Cupboords, and also
for Gloues. Chap. 82.

Take Benjamin and Storax of each an ounce, Labdanum and
Fulles, of each a quarter of an ounce, halfe a dram of Ciuit: if
you burne it for Chestes, or Cupboords, beate it in a hot mortar:
if it be for Gloues, boyle it, and put it to Rosewater

To cullour Gloues, Chap. 83.

You must haue bulles of greene Walnuts, that must lie in wa-
ter all the yeare long, rolle them well with these bulles, and
make them as deep a cullour as you may.

How to cullour Gloues yellow within.

To cullour gloues yellow within, take the yolks of twenty Eggs
and put them in a frying pan, with a soft fire, stirre them euer, and
bruise them with a Ladle, and the Oyle that ascendeth of them, bee-
ing annointed on the inside of the Gloues, will make them look yel-
low.

To make Muske Sope, Chap. 84

Take strong lye made of Chalke, and sixe pound of Stone Chalke,
fourre pound of Deere suet, and put them in the lye in an earthen
pot, and mingle it well, and keepe it the space of fourty dayes,
and mingle and stirre it thre or foure times a day till halfe be con-
sumed, and so that that remaineth seuen or eight dayes after, you
must put a quarter of an ounce of muske, and when you haue done so
you must also stirre it, and it will smell of muske.

To make red scaling Waxe, Chap. 85.

Take to one pound of Waxe thre ounces of cleare Turpentine in
Sommer, in winter take foure: melt them together with a soft
fire: then take it from the fire and let it coole, then put in Vermilion
very finely ground, and Sallet oyle of each an ounce, and mixe them
well together and it is perfect good.

To keep Damascins in sirrope. Chap. 86

Take Damascins, and picke them well with a knife or pin, then take
clarified Sugre, as much as you thinke will serue, and then you
must boyle it till it be as thicke as bird-lime. Then boyle your
Damascins

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Damascins in the clarified Sugre till they be soft: then take them vp, and put them in a glasse: then you must boyle the Sirrope, till it be as thicke as the other was, befoze you put in the Damascins, and as soone as it is so thicke you must powze it into the Damascins, and so couer them close.

A water for the face, vsed of Gentlewomen Chap. 87

Take Goates milke two pound, fine Flower halfe a pecke, the whites of thzee Egges, and make it from paste to litle lous, and bake it not too much: then take moze of the sayd Goates milke, and crumme of the crummes of your bzead into it, let it sleepe all night, and wipe your face with a drie cloath, and then wash your face with the said milke, and in vsing this, it wil make the face shine as white as snowe.

Another, to make the face faire,

Take the shearing of Scarlet foure ounces, the whites of two new layd Egges, white wine two pound, Rosemarie flowers, oz Rosemarie it selfe, and seeth it oz still it, but if you seeth it, scum it cleane, and when it is cold ble it, and it will make the skinne looke smooth.

Another, to remooue high cullour in
the face.

Lymons layd in Butter-milke is an excellent meanes to remooue high cullour in the face.

A water for heate in the face, and breaking
out with pimples, Chap, 88.

Take Allum glasse two pound, the iuyce of Plantin, Purslan, ver. iuice, of each halfe a pound, the white of twenty egges, beat them and mire them, and distill them: which water destroyeth chafinges, heats, Pimples, wheales and scurffes, whatsoeuer they be.

To know whether a woman shall euer conceiue
or no, Chap, 89

Take

of hidden Secretes.

Take the Rutine of a Hare, and hauing frayed and consumed te in hot water, glue it the woman to drinke in the moorning at her breakfast, and let her stand in a hot bath: and if there come a grieſe or paine in her belly, ſhe may conceiue, if not, ſhe ſhall neuer conceiue.

To make a barren woman beare Children,

Chap. 90.

Take of thoſe little Sea-fiſhes, called in Latine Polipi, or Polipodes, and roſte them vpon the Embers without Oyle, and let the woman eat of them, and it ſhall proſit and help herie much, hauing in the meane time the company of a man.

To make a woman haue a quick and speedie deliuerance
of their children, without paine, or at leaſt
verie little. Chap. 91.

Take leaues of Vittany and ſtampe them, or els make powder of them, and giue the woman that labourerh to drinke of it with a little water, and ſhe ſhall bee deliuered incontinent, without anie great paine or labour.

To ſtop the running of the Raines ſue ſeuerall wayes;

Chap. 92

Take Venice Turpentine waſht in red Roſewater, ſoure ounces, a Nutmeg, Plantin ſeed, a yelow Amber bead, of ech a like, with like quantity of Sinamon, and powder of Comfrey rootes, which being mingled, rolle of the Turpentine in the powder, and make it into ſine pilles as big as a bean, and take them in a ſpoone with ſir-rope of Rubarbe, three in the moorning, and three two howers before ſupper, and it will helpe it.

Another for the running of the raines.

Take Nutmegs halfe a pound, and bzuile them in a morter, and knead them in dough and bake them, which bread is very healthful.

Another ſpeciall way approoued.

Take Hazel-ruts, well pilled or blaunched two handfull, Sink-field and knotted graſſe, of each a handfull, ſoure Camphir leaues: ſtampe the hearbes, and ſtraine out the iuice into two pound of

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Muscadell : then beat the Nut kernels as small as you can, and put them in : Also take an Amber bead, and beat it to powder very fine, which being put to the wine to the rest, stirre them altogether a good while : then seeth it untill it come to a pound and a little more, and drinke the one halfe in the morning, and the other at night, making a very light Supper.

Another for the same.

Hip and Clarie fryed with the yolkes of three or foure Eggs, and taken euery morning is very good.

To strengthen the seed Chap. 93.

Take Succorie, Carduus, Plantin, Violet flowers and the leaues Clarie, Sozrell, of each halfe a handfull, with a peece of Nutton make a good broth, and to eate it euening and morning is especiall good.

For the gnawing in a womans stomacke. Chap. 93

Take a good handfull of Speerminie, and a handfull of wormewood, and beat a tile-stone, and lay these two things on it, and make a litle bag, and when the hearbs be hot put them in the bag, and so lay them to her stomacke.

For the Ague in a womans breast. Chap. 94

Take Hemlocke leaues, and frise them in sweet butter, and as hot as she may suffer it, lay it to her breast, and lay a warme white cotten, and it will drie them away in short time.

For breastes that be sore with milke.

Chap. 95.

Take Linseed Oyle and ware, mele them, and wet a rag therein, and lay it to the breast warme, which will drie with the milke.

For a sore breast. Chap. 96

Take beane flower two handfull, bzanne, powder of Fengericke, of each a handfull, white Vinigre a pounde, three spoonfull of honey, and three yolkes of Egges, seeth all till it be thick, and lay it warme to the breast, which will both breake it and heale it, alwayes crushing out the matter when you shift it.

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To keep a womans breast from breaking.

Chap. 97

Take Sage, Marigolds with the blacke seed, and the sharpest nettles, of each halfe a handfull, bruisse them together, and lay it to, which will keepe it from breaking.

For the breasts broken or not.

Take oyle of Roses, beane flower, and the yolke of an Egge with a little Vinigre, set it on the fire til it be Luke warme, then with a feather annoint the place.

For the vnnaturall heat of the liuer, Chap. 98

Take Borage, Buglosse, Succozie, Violets, Fumitoxie, yong hop-buds, Fennel buds, of each a quarter of a handfull: yong Malows, and Mercurie, of each halfe a handfull, boyle these in a pottle of whey and straine them.

For the Canker in the mouth.

Chap. 99.

Take halfe a pint of Ale, and a sprig of Rosemarie, and seeth them all together, and scum your Ale, and then put in a peece of Allum as much as a Nut, and a spoonfull of honey, and two spoonfull of hen-suckle water.

To make the face faire, and the breath sweet

Chap. 100.

Take the flowers of Rosemary, and boyle them in white wine, then wash your face with it, and vse it for a drinke, & so shall you make your face faire, and your breath sweet.

To make haire as yellow as Golde, Chap. 101

Take the rine or scrapings of Rubarb, and steepe it in white wine, or in cleare Lie, and after you haue washed your head with it, you shall wet your haire with a sponge or some other cloath, and let them drie by the fire, or in the Sun. After this wet them and dye them againe, for the oftener they doe it, the fairer they will be, without hurting your head anie thing at all.

To driue away all venomous beasts from your

house. Chap. 102.

Take Fumiper, the seed of Agnus Castus, the Shelles of riuer Tre-mises. Hartes hogre, the grease or Suet of a Bucke, Kerse or town Treas, Dyanie & bittanie, make of al these druge a dough, or
passe,

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paste. And when you will vse or occupie it, burne it, for whereas the smoke thereof goeth, the beastes will voyd away.

Against all poyson eaten or drunken.

Chap. 103.

Hauing knowledge that any man is poysoned, the chiefe remedie is to make him vomite the poyson, in giuing him Oyle Olive luke warme to drinke alone, or mixt with warme water. And if you haue no oyle, giue him butter with hot water, or with the decoction of Linseed, or the seed of Nettles, or of Semigrecum, and all these things purge the venome as well downward as upward. After hauing made him vomite diuers times, you must purge him with sharpe glisters downward. Then giue him water mixt with honey, and also old wine ynough to drinke. But if you can get good Triacle or Pettridar, they are the princiallest against poysons, with Terra sigillata, Acorn Shells, and giue it him in good wine. Let his meat be fat flesh of old beastes, and fat broth especially of Pennes and fat fish, and let him not sleepe. And in continuing with this meanes, he shall be deliuered by the help of God.

To driue away Lyce. Chap. 104

Take Incense, and the Larde of a Barrow hogge, properlie called Barrowes grease, boyle them together in an earthen pan or pot leaded, and with this oynment rub and annoint the place where the Lyce be.

How to make a soueraign water, that M. Doctor Steuens Physition, a man of great knowledge and cunning did practise, and vsed of long experience: and therewith did very manie cures, and kept it alwayes secrete, till of late a little before his death, Doctor Parker, late Archbishop of Canterbury, did get it in writing of him. Chap. 105,

The Receipt.

Take a gallon of good Gascoine wine, then take Ginger, Galincale Cammomill, Cinamon, Nutmegs, Graines, Cloues, Mace, Annis seeds, of euery of them a dram. Then take Sage, Mint, red Roses. Time, Pelitoe of the wall, wilde Marigold, Rosemarie, Pennie

of hidden Secretes?

Penny mountaine otherwise called wild Time, Cammomill, Lavender, and Juens, of euery of them one handfull: then beat the spices small and bzuise the hearbes, and put all into the wine, and let it stand twelue howers, stirring it diuers times. Then skil it in a Linbecke, and keep the first pinte of the water, for it is the best: Then will come a second water, which is not so good as the first.

The sundry vertues and operations of the same;
many times approoued,

The vertues of these waters be these: it comforteth the spiritus, and pzeferueth greatly the youth of man, & helpeth the inward diseases comming of colde, against Shaking of Pallie: it cureth the contracts of sinewes, and helpeth conception of women that bee barren, it killeth the wormes in the bellie: It helpeth the cold gowts: it helpeth the Toothach, it comforteth the stomacke very much, it cureth the cold dyspnie, it helpeth the Stone in the bladder, and in the reynes of the backe: it cureth the Canker, it helpeth shortly a sinking breath. And who so useth this water euery among, and not too oft, it pzeferueth him in good liking, and shall make one seeme young very long. You must take one spoonefull of this water fasting, but once in seuen dayes, for it is very hotte in operation. It pzeferued Doctor Seuen that he liued foure scoze and eightene yeers, whereof ten yeares he liued bedzed.

To make a water that taketh off all staining, dying and spots from the hands of Artificers, that get them by woorking, and maketh them white and faire. It is good for them that be Sun-burned. Chap. 106,

Take the iuice of a Lymmon, with a little Bay salt, and wash your hands with it, and let them drie of themselves, wash them againe, and you shall find all the spottes and staining gone. It is also very good against the scurffe or scabbes.

To heale all manner of inflammation, and euill disposition of the ayre, leaperie faces, great swollen legs, or inflamed hands,

Chap. 107.

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Take

The Closet, or Treasurie

TAke flower of Amillum made of Barly, which ye shall easily find at the Apothecaries, and see the it halfe an hower in common water, then Straine it and put it into another newe pot that is cleane and neat, putting to it a few Mallowes, Sacrozie, Hoppes, Endiue and Foxage, and seeth all these together vntill it be dissolued, and adde to it an ounce of Sandall, and then Straine all, and take in a linnen cloath as much Cassia extracta, as will goe into two nuts, and put it within the said linnen cloath with the Cassia, while the water be hot, pressing it so hard betweene your two fingers, that the substance of it may goe into the water, then put it to Sugre or Pennides, as much as you wil. Of this drinke (which is of a verie amiable saour) you must take from day to day a little glasse full in the morning, lying in your bed with your breast vpward then laying some linnen cloth vpon your stomake, sleepe if you can, and take of it also after you be vp, and haue done your necessaries: the which doing you shall find your selfe verie well healed in few dayes. But here note, that this must be done in the Summer, and not in the Winter, and he that hath his stomake very colde may weare before his breast some peece of Scarlet, or other cloath, and sometime annoint his stomacke with an Oyle made for the weaknesse of it, the perfect composition whereof we will put here after.

A singular ointment which healeth all burning with fire;
not leauing any skarre where it hath beene.

Chap. 108.

TAke the white of two Egges, two ounces of Tutina Alexandrina, two ounces of quicke lime washed in nine waters, an ounce of newe Ware, with as much Oyle Rolet as shall suffice, and make thereof an oymntment, which yee shall find very good for this that we haue spoken off.

To draw an arrow-head or other iron out of a wound

Chap. 109.

TAke the iuice of Valerian, in the which yee shall wet a tent, and put it into the wound, laying the sayde hearbe stampd vpon it, then make your binding or band as it appertayneth, by this means you

you shall draw out the yron. And after heale the wound according
as it shall require.

For him that hath a bunch on his head, or that hath his
head swollen with a fall. Chap. 110

Take an ounce of Bay salt, raw honey three ounces, Cummin
three ounces, Turpentine two ounces, intermingle all this
well vpon the fire, then lay it abroad vpon a linnen cloath, and
make thereof plaisters, the which you shall lay hot to his head
and it will altogether asswage the swelling, and heale him clean and
neat.

To knowe what time in the yeare hearbes and flowers
should be gathered in their full strength.

Chap. 111.

Medicines are made diuers & sundry wayes, some by leaues,
some by seedes, some by rootes, some by hearbes, some by
flowers, and some by fruites. Such leaues as are put in me-
dicines, should be gathered when they be at their full wax-
ing, ere that their cullour be changed, or that they fade any thing.

Seeds when they be full ripe, and the moistnesse somewhat dried
away.

Flowers should be taken when they be fully open, ere they be-
gin to fade.

Hearbes should be gathered when they bee full of sap, and ere
they shrinke.

Rootes should be gathered when the leaues fall.

Fruitcs should be taken when that they be at their full growth
or when they fall, and the heavier fruit is the better, and those that
be great and light in ponderation, choole not them, and those that be
gathered in faire weather, be better then those that bee gathered in
raine. And those hearbes that growe in the fields are better then
those that growe in townes and gardens, and those that growe on
hilles in the fields are best for medicines, for commonly they be lesse
and not so fat, and haue more vertue.

Many hearbes there be that haue speciall time to bee gathered
in: and if they be gathered in that time, they haue their full vertue, to

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their property, or els not so good. Some doe help whensoever they be gathered, and some nought if they be gathered out of time: therefoze, marke well what I teach thee.

Wittany shuld be gathered principally in Lammas moneth, with the seed and the roots, and without any Iron tooke, and it shall be vzi- ed in the shadow, for medicines it may be gathered other times, but euermoze it is the better if it be gotten without iron, and it must be gathered befoze Sun rising.

Swinegrasshe should be gathered when it pleaseth you in time of neede.

Cammomill should be gathered in Aprill.

Pellitorie should be gathered in Iune, befoze the Sunrising.

Red Docke shall be gathered when they need dayly.

Longbeefe shall be gathered in Iune and Iuly.

Peniwort shall be gathered in the beginning of winter.

Germander shall be gathered in Lammas moneth.

Dracant shall be gathered in Iune and Iuly.

Columbine in Lammas moneth.

Aldertong shall be gathered in Aprill.

Pedelson when thou wilt.

Groundsill alway after midday.

Malwort, when it pleaseth you, without yron.

Violet should be gathered in the moneth of March, and in this moneth should Violets be put into Sugre, and to sir rope.

Roses should be gathered in Aprill and in May, and of them shuld be made Suger-Rolet in sir rope of Roses, and in the same moneth should oyle be made of Cammomill.

Rosemarie flowers should be gathered in May.

Sentory when it beginneth to flower.

Organum in the moneth of Iune.

Solsequie should be gathered the sixteenth day of August, befoze the Sunsing, without Iron.

Harts-tong should be gathered ere day in Nouember.

Aristologia should be gathered the same time.

Garlicke may be taken when you need for medicines.

Wilde Garlicke should be gathered when it flowereth.

Sourdes should be gathered in the end of September, when they
be

be ripe, and dyed where the Sunne may be all day. 12017

Wilde Rye berries should bee gathered when they ware yet lowe.

Cucumbers should be gathered when the fruit is ripe, and the fruite should be layd under Vines, where the Sunne may not haue al his strength on it in a moist place, that it may rei, soz then the seed shall be good, and full of kernels.

Citrull when the fruite is ripe, and dyed in a dry place in the Sunne.

Calamint should bee gathered when it flowereth, and dry it in the shadow, and it will last a peere.

Saffron should be gathered afoze the Sun arise.

Godur, that groweth among Flaxe, should be gathered when he beginneth to flower, and it may be kept three peere.

Drake should be gathered when it flowereth, and drie it in the shadowe, and a peare it will last.

Cleber should be gathered in haruest time.

Fennell seedes should be gathered in the beginning of Haruest, and two peare they may be kept.

The rootes of Fennell should bee gathered in the beginning of the yeare, and two yeares they are good.

Baldemony, that some men cal Gentian, shuld be gathered in the last end of the yeare, and foure yeares it is good ynough.

The roote of this hearbe is vled, and how thou shalt knowe him is this, that he be very bitter, the lesse bitter the worse.

Also, looke that it be white, whole, and not hol'ow within, but sad and not brittle, noz full of powder.

Gallingle is called in Physicke Typus: it may be taken at all times when thou wilt, but best it is in the ende of Cler: and three dayes it must be layd in the Sunne, and so bee dyed, that the moisture rot it not, and then you must keep it in the shadow.

Flowerdeluce should be gathered in the end of Cler, and dyed in the Sunne, and it will last two yeares well.

The Closer or Treasure.

Heer followeth the sundrie vertues of Roses,
for diuers Medicines,

Chap. 112

Roses bee cold and moyst in two degrees: It hath these vertues, stampe it, and lay it to a soze that burneth and akereth, and it shall cease both the burning and aking.

Also, it is good for the Feuer in the stomacke, and against all euils that are genbred in hot humors.

Also, let any woman drinke it with wine, and it shall forthwith restraine bleeding, and help the marrowes of the wombe.

Also, make oyle of Roses, and that is a principall receipt for pricking in sinewes, and the water thereof is good for soze eyne, and for hot euils, and the oyle is good for head ache to annoint therewith the temples, and the roat of him is good, to drawe forth yron or other things in a mans foot, and the redde Rose is much better then the White.

The sundrie vertues of Lillies. Chap. 113.

Lillies are colde and dry in the third degree, and so saith Galen, that whoso seetheth the leaues in water, it is a noble plaister for sinewes that are shortened, and it is good for all manner of burnings and scaldings.

Also when the leaues and the rootes are sodden in olde wine, and tempered by with honey, it is a profitable plaister for sicknesse that are staruen. Also the water and the iuice is good for to wash thy briers, and to doe away the freckles on mans visage or womans: and the roote is good to ripe therewith botches, and for to breake them.

Of the sundrie vertues of Milfoyle.

Chap. 114

Milfoyle is hot and drye in the second degree, it is good to stanch the bloody fluxe, and the iuice thereof healeth the biting of a red hound: and if it be sod in red wine, drinke it, and it slayeth worms in the wombe, and it softeneth hardnesse in a mans wombe, and it helpeth the Jaundise and dyspsie.

And

of hidden Secretes;

And take the hearbe and stampe it, and temper it with vinigre, and it will doe away blood in woundes, and it will cease the toothache, when it is chebred fasting. And it is good for the stinging of an Adder when it is sodden in wine, drinke it, and lay the substance ther so, and it will draw the venome out of the soze.

The sundrie vertues of Rosemarie, Chap. 175

Rosemarie is hot and drie: take the flowers thereof and put them in a cleane cloath, and boyle them in faire cleane water, untill halfe be wasted, and coole it, and drinke that water, for it is much woorth against all maner of euils in the body.

Also take the flowers and make powder thereof, and binde it to thy right arme in a linnen cloath, and it shall make thee light and merry.

Also eat the flowers with honey fasting, with some bread, or els with other bread, and there shall arise in thee no euill swelling.

Also take the flowers, & put them in thy chest among thy cloaths or among thy books, and moths shall not destroy them.

Also, boyle the flowers in Goates milke, and then let them stand all night vnder the aire couered, and after that giue him to drinke thereof that hath the Cisticke, and he shall be holpen.

Also, if there be any man that is rammage, take the flowers, and leaues a great quantitie, and boyle them together in a good quantitie of cleane water, in that Patiens Balneat, and it shall heale him.

Also, boyle the leaues in white wine, and wash thy face therewith and thy beard, and thy browes, and there shall no cornes spring out, but thou shalt haue a faire face.

Also put the leaues vnder thy bed, and thou shalt bee deliuered of all euill dreames.

Also beate the leaues to powder, and lay them on the Canker, and it shall stay it.

Also take the leaues, and put them in to a wine vessell, and it shall keep the wine from all stinkesse and euil saours, and if thou wilt let thy wine thou shalt haue good speed.

Also, if thou be seckle with vnkinde sweate, boyle the leaues in cleane

The Closet or Treasurie.

cleane water, and wash thy head therewith, and thou shalt be deliuered from that euill.

Also, if thou hast lost appetite of eating, boyle well these leaues in cleane water, and when the water is cold, put thereunto as much of white wine, and then make therein sops, eate thou thereof well, and thou shalt restore thy appetite againe.

Also, if thou haue the flure, boyle the leaues in strong Cyzell, and lay them on a linnen cloath, and bind it to thy wombe, and anon thy flure shall be withdrawne.

Also, if thy legges be blowne with the Gowt, boyle the leaues in water, and then take the leaues and bind them in a linnen cloath, and wind it about thy legges, and it shall doe thee much good.

Also, take the leaues, and boyle them in strong Cyzell, and bind them to thy stomacke in a cloth and it shall deliuer thee of all euils.

Also, if thou haue the cough, by stirring or by any other way, drinke the water of the leaues, boyled in white wine, and ye shall bee whole.

Make powder of the rind of Rosemary, and drinke it, and if thou be in the pole, thou shalt be deliuered.

Also, take the timber thereof, and burne it to coales, and make a powder thereof, and then put it in a linnen cloath, & rub thy teeth therewith, and if there be any wormes therein, it shall slay them, and keep thy teeth from all euils.

Also, of the wood make a box to smell thereto, and it shall keep thee youngly.

Also, make thereof a barrell, and drinke thou of the drinke that standeth therein, and thou needest not dread of any euill being therein, and if thou set it in the field, or in thy Garden, keep it honestly, and it shall bring forth much increasing of it selfe.

And if a man haue lost his smelling of the aire, that he may not draw his breath, make a fire of the wood, and bake his bread therewith, and eat it, and it shall keep him well.

Also, a man that hath the Gowt, take oyle of Roses, and the yolk of an Egge, and the flowers of Rosemary, and medle them together and doe it to his soze, and he shall be holpen,

¶ How to make a speciall Soueraigne water, which is of three cullours, and it is called the Mother of all waters, which is verie excellent to cure the Canker, the pockes or Leaprofie, or anie other kind of superfluous humours, or anie sore old or new, and it is thus made,

Chap. 116.

Take Turpentine foure pound, of Frankinsence, Balsicke, of epyther two ounces, Allowes, Epaticke, Date stones, Labdanum, Castoreum, rootes of Detany, roots of Enula Campana, of each two ounces, distill them in a Limbeck of glasse, with a soft fire. The first water is cleare: the second water is yellow, and swimmeth about the other: the third water is reddish, like Saffron, and when it beginneth to be red and thicke like honey, then beginneth the third water. The first water burneth like a candle, the second water curdeth like milke, and if you put one droppe of the third water into a cuppe of drinke, it goeth to the bottome, and there will it lie an houre, and then mount vp to the top, as true Barwe doth, and with this water if you wash your face twice a day and chiefly your Rosethilles, it cureth the Rheim descending from the braine, and clarifieth the sight. And if you wet a linnen cloath in this water, and lay it to any soze legge or arme that hath dead flesh, it will cleanse it, and drie away the ache within sixe howres space, and it consumeth all Apostumes, Ulcers, Fistules, Puslules, Emmeraldes, and healeth all greene woundes. And if ye dip a linnen cloth therein, and make it sixe fold, and lay it to the noddle of your necke, it healeth the Wallie: and so likewise it cureth the Gout, or any sinew that is drawne together therewith, bath it thre or foure times together warme.

The water that is of the callour of blood, is of such vertue, that if a leappous man or woman vse thereof fifteen dayes together, half a spoonfull euery day, he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound it healeth it in foure and twenty houres, if it be not mortall. And it healeth al kind of Cankers, Crepces, Noli me tangere, within fifteen dayes, if you wash them with the sayd water euery thirde

The Closer or Treasure,

day and if you make rags of cloath, and dip it in the same water, and lay it vpon a plague soze, and drop one drop therein, and it mortifieth the malignity therof, and that shortly. And if you droppe one drop in the eye that hath a Pearle, or is half blind, it will recouer it in eight dayes without any paines: and if you drinke a spoonfull of it with white wine, it will recouer the Stranguiry or diffure within fixe howers, and breaketh the stone within two howers, whether it be in the reines or in the bladder. The water that bath the cullour of blood is most precious, it comforteth the weak member, and preserueth the body from al diseases, and purifieth rotten blood, and healeth all diseases of the Milke, and keepeth away the Sout, and causeth good digestion, it purgeth cold and rotten blood, and putteth away ill humours, and healeth all agues. This water must bee vsed from the moneth of Nouember, to the moneth of Aprill, and you must take but halfe a spoonesfull at once, nor oftener then once a weeke.

The maner to make this water, yee must haue a glasse a cubite high, and fill it with Aqua vite made with wine, and stop it well, then put it in hozsetung, so that it be not moyst, nor too wet, least the glasse breake, and you must leaue the necke of the glasse without in the ayre, that glasse through the heate of the dung will boyle, soze, so that the water will ascend to the necke of the same, and descend againe to the bottome through the aire, and so let it stande thirtie daies, then take out the glasse, and put these thinges following in the water, and stop the mouth that it breath not out, and so leaue it in eight dayes. Last of all, put the glasse in Balneo Marie with sand, setting on a head with a receiuer, well stopped and make a soft fire, and gather the first water that drops cleare, but when you see the second Water turne into redde cullour, change the Receiuer, for then commeth the second Water, and that will keepe well in a glasse wel stopped. The spices that go to this water be these, with the hearbs, Cardonum, Cloues, Nutmegs, Ginger, Salingale, Zidonire Pepper, Spikenard, Laurell berries, Smalladge seedes, Bug-woort seedes, Fennel seedes, Annis seedes, flowers of Basil, Elder flowers, red Roses and white, Lignum Aloes, Cubibes, Cardamum, Calamus Aromaticus, Yaces, Germanber, Frankincense, Turmentill, Juniper, Egrimony, Sentoie, Fumetioie, Pimpernel

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Pimpernell, Dandelion, Cusfrage, Cadiuz, seedes of Sorrell, yellow Saunders, Fecherfoy, Aloes, Epaticke, of each two ounces, Rutarbe, two drammes, drie Figges, Reasias, Dates without Stones, sweete Almondes, of each two ounces, Aqua vite to the quantity of them all, and foure times so much Sugre as they bee all, that is, for one pound of Sagreuience, foure pound of Sugre, two pound of honey. This water is called the mother of all waters.

A perfect way to cure the loathsome disease of the French pockes, paines in the ioints, lamenes of limmes, paleness of cullour, lothsome scabbes, or any other filthie disease proceeding of superfluous or euill humours, as also to assuage ouer grosse and foggie fat bellies, and that without danger.

Chap. 117.

First, it is needfull to prouide for the sicke body a close & cleane chamber, out of all grosse aire, and cleane warme garmentes, both for body and legges, and at rising and going to bed, a fire of Charrecoales, for wood is not so whole some for smoking: also, they must not be troubled with any thing to bring them out of patience. for that corrupteth the blood, which must bee new altered: also, the sicke body must eat but little meate, and that kinde of meat as shall hereafter be prescribed, and at such times as shall bee appointed, and let the sicke body vse playing on instruments, or heare some playing, or tell merry tales, and haue no company of women, for that is a most dangerous popson for the health of any person in that case.

Secondly, you must prepare two brasse pottes or els yron, one being foure gallons, the other sixe gallons, one for strong drinke, the other for small drinke: Also, you must haue close couers to them of brasse or yron, you must also prepare good earthen vessels, with close couers to keepe your drinke in, of both sortes by themselves: Also you must haue a Strapner of a Searce cloath, to straine your drinke after it is decoct, Instrumentes to take out dead flesh, and to

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search a soze, and a syring to cleane any soze being deepe, with the same dzinke. Also you must haue a wooden vessel to bathe the sick body in, at such times as hereafter shal be appoynted. Also you must prepare cleane cloathes, to dze the sicke bodie after a sweate, being warmed well first: other instrumentes you shall need none, but on- ly your wood scraped small oz turned, and the barke of the wood pounded in a moztar, and the dzugs also small, and your water which you shall decoct, the same must bee of a good Conduit oz running brooke, verie cleane without any kinde of filth. Chalke water is good.

Thirdly, for your strong dzinke, yec must take your pot of foure gallons, and set it on a fire of coales, with foure gallons of the faire running water, then put into the same one pound and a halfe of your wood, small rased, oz turned at the Turners, but when you doe buy your wood, see it be not olde, and lacke moisture: this tryall is best: Take a litle coale burning, and lay it on the block befoze it be rased, and if it be good, it wil boyl by on every side of the coal, like spirtes: Then put thereto an ounce oz a little moze of the barke of the same wood made in smal powder, then take a quarter of a pound of Cum- min seeds put whole into the same, and one half quarter of an ounce of Radix, and Rubarb, and then stop your pot fast, and lay paste about the couer, and so fast that no aire come out, then seeth it on a soft fire, but euer keep it boyling, and let it boyle at the least eight houres, then set it by, and vntop it not untill it bee colde, then take your Searce, and strain it into a faire earthen pot, and couer it close. The sicke body must dzinke of this but one draught luke-warme in the morning, and one other at night.

Fourthly, you must take your pot of sixe gallons, and put in se- xie gallons of running water, and one pound of the wood rased, and a quarter of Cummin seeds, and decoct it in all kind of thing euen as the other, being close stopped, and when it is cold straine it into an earthen vessel oz vessels, and that must the party dzinke at meale, and at other times when he list to dzinke, and spare not, but drawe it by.

Fiftly, the sicke body must be kept very warme, and not rise out of bed befoze eight of the clocke, and then eat a dozen oz twenty Re- sins of the Sun, and no bread, but a draught of strong dzinke warme,
and

and about eleuen of the clocke, let the sicke body eat a little meat, as may suffice nature, and what meat, it shal be hereafter shewed, then let the sicke body walke somewhiles in his chamber, or read some booke, or play on instruments, to keep him from sleeping: then at six of the clocke at night, a dozen of Reisins of the Sunne, and nothing els but a draught of strong drinke warmed.

Sixtly, giue to the Patient to eat, these meats following, Chickin, Partridge, Pheasant, Hen, Capon, Rabbet, Conie, Geale, Puteon, and noue other, noz any salt, noz leauened bread, noz Rie bread, and very seldom roasted, but boyled in water, and no broth, noz porredge, noz any kind of sauce: if the sicke body haue roste, let it be but euery thirde meale, and no kind of fish, Milke, or fruites, Reisins excepted.

Seuenthy, once in thre dayes, for the first nine dayes in the morning let the sicke body drinke a good draught of the strong drinke somewhat warme, and then lay very many cloathes on him, till hee sweat for the space of two howres: then ease some of the cloathes, and haue warmed linnen cloathes, and rub all the body drie ere he rise if he haue any sores that be deepe, wash the soze with strong drinke, and with a searce, and dip a little cloath in the strong drinke, and lay it to the soze, whether it be soze or knobs.

Eighty, after nine or ten dayes bee past, once in thre dayes let the sick body be bathed on this soze. Set faire running water on the fire, and put thereto a great deale of ground Tuie leaues, and red Sage, and Fennel also, and by a good fire when the sicke body is going to bed, put the water and hearbes into a vessell of wood, and let the sicke body stand vpight in it by the fire, and take up the hearbs, and rub the body of the sick patient downward, and then drie him with warme cloathes: vse this thre weeks, and by the grace of God the sick body shal be made whole, whatsoeuer he be: then if the patient be very weak, after nine or ten of the first dayes, let him eat euery day at foure of the clock in the after noon a new laid egge potched in faire water, and as much new bread as will suffice nature, and a little cleane wine. Use this diet with good regard, as befoze is prescribed, and (by the grace of God) they shal be perfectly cured of those diseases aboue mentioned,

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The maner to make another kind of Diet drinke of stronger operation, for the same diseases, which by the practise only of one man, hath done very great good, as well in the citie of London, as in diuers partes of the Realme,

Chap. 118.

TAke of the best Guaiacum, most heauy, and full of Gum, foure pound, let it be well rased with a Ripe, or turned into fine chippes by a Turner, and of the same barkes two pound: of Cardus benedictus, which is called the blessed Thistle, halfe a pound, of Haydenhaire, Tetrach. the flowers of wild and garden Buglosse, Ana one pound, Sweete Cassia, sixe ounces, Anis seede one ounce and a halfe, white Sugre, sixe pound, cast all these into a wine vessell cleane and apt for the same purpose, vpon which poure of the cleaneest and best white wine that may be got, in quantitie on hundred and fifty pound, coner this vessell thre dapes, then straine it through an haire cloath: then keep it in a cleane vessell for the Patient at dinner and supper, but not to drinke it in the morning or evening. Besides the drinking of this Guaiacum at dinner and Supper the Patient may betweene the times, as one howre before or after dinner or supper, drinke foure or fiue ounces. Also your aforesayd receipts may be put in cleane new white or Claret wine, being fined and made in the prescribed maner.

Furthermore, the Patient that hath the Pox, Dropsie or Gout may drinke among, this worthy medicine following, the dosse or quantitie is two ounces or more, according to the age and complexion of the Patient.

Take Haydenhaire, cleane fresh hops, Fumitory, Tetrach, called Asplenium, Sene of Alerand. of each thre drams, great Centaury roots, Liquorice, Polipody, wilde and garden Buglosse each foure ounces, Anis seeds, Nigella Romana, the flowers of Buglosse the thre Saunders, Sinamon, each sixe ounces, put this into 24. pound of the Guaiacum water, sodden after the description in the Compounds following: than put it in a close vessell, & stop the mouth and when that is done, set the said vessell in another seething kettle, vpon

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upon the fire, so let it stand and seeth for twenty howers fair & softly,
 then straine it, and keep it in a cleane close vessel for the vse aforesaid.
 If the Patient be full of humors, then doe thus: take Scne A-
 leband two pound, Succa Rosarum solatiua, five pound. white suger
 seven pound, Rubar be elected three ounces, finely cut, Turbit of the
 best one ounce, put these in a cleane stone pot with a narrow mouth:
 poure into this pot xxiii. pounce of the common Guaicum water,
 made in maner in the compounds following: stop your pots mouth,
 seeth it in the fozesays maner, upon a soft fire xxiii. howers, vntill it
 come to a thin skroye, called Ielup, then straine it, and keep this pre-
 cious purging drink for moznings, the dole one ounce & a half, ac-
 cording to the age, complexion and strength: the Patient must also
 eat bread three ounces, well baked like Bisket, and the flesh of Chic-
 ken, Hen, Capon, Partridge, & easant, small birds of the wood roasted
 expell sodden meates: and if the common drinke be too strong, then
 the Patient may poure thereunto some small cleane wine, or Beer:
 Let the Patient bee merry kept in a late cleane chamber, with
 sweet perfumes, not much feeding, but little and fine, with cleane
 warme apparell, and a fire of Charre-coales, eschewing Tlenery,
 Wines, Fruites, & fish, grosse flesh, pottage and white meates: care,
 anger cold, much heat: and by Gods help ye shall haue present re-
 remedie, whether it be for the Pore, or to cleanse the reynes, or for
 them that be ouer fat or foggie people, full of grosse humors, gotten
 with ease and feeding, and to rebate & allwage their fogginesse with-
 out hurt but rather renew them (as it were) and make them seem
 young. It helpeth also the Gout, Dropsie, Sciatica, Canker & Tim-
 pany, and many other loathsome diseases, that proceede from ouer
 great aboundance of grosse humours, also for extreame paine in the
 iointes.

The maner to choose the best Guaicum or
 Lignum vitæ. Chap. 119

Of this wood Guaicum, there are three kindes: the first is black
 within, in the heart pale couloured. hauing in it russet lines,
 verie hard and heauy. The other black within, but white with-
 out, hauing verie small lines, is hard and heauy, and not so great as
 the first. The third is all right white within and without, hauing
 very small lines, and the heart of this wood is best, the arme of the
 Tree

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tree is better then the body, the boughes neerer the fruite haue the moze vertue, warmanesse and dyuinesse then the lower partes of the tree, which are moze grosser, and moze earthily of nature, and the moze vinctuous the wood is, it is the better, the sappe is noe so good as the heart, neyther the barke as good as the sappe. But the white wood is sweet, and most excellent in operation, and is Lignum sanctum, the holy wood. The barke of the straight young branches of boughes, being heauy and white, moist, and without lines, hard compacted, be the best barks for the Pore. All these woods called Guaiaci, haue a Rosin, or matter like Benjamin, or pleasant Gum within the wood, which is the spirit or lively helping humour in decoction for the Pore in the sinewes, vaines, muskles, head, hands feet, and the bones: No sicknesse is so sharp and cruel to nature, but this precious wood will both quickly and gently assuage the paine and grieue of the same, ~~it~~ be ministred accordingly in decoction, namely, to them, who either the Pore hath tormented, or els the Gout with intollerable grieue.

A most certaine and approoued remedie against all
maner of pestilence or plague, be it
neuer so vehement,

Chap. 130.

Take an Onion, and cut him ouerthwart, then make a little hole in each peece. the which you shall fill with fine Triacle, and set the peeces together againe, as they were before: after this, wray them in a wet linnen cloath, putting it to roste. conered in the embers or ashes: and when it is roasted ynough, presse out all the iuice of it, and giue the Patient to drinke thereof a spoonfull, immediatly he shall feele himselfe better, and shall without faile be healed.

To

To make a sirrope of Vinegre, good for many things.

Chap. 121

TAke sharpe vinegre a pound and a halfe, Sugre two pounde and a halfe, boyle it til it be a sirrope. It will digest choller, Melancholy, and Fleume: It wil make grosse humours thin; openeth obstructions, prouoketh vrine, expelleth naughty humours, is good against all pestilent feuers, cooleth and quencherh thirst, and keeps the body loose.

To comfort the heart, and take away Melancholy.

Chap. 122.

TAke the iuice of Bozage foure pounde, the flowers of Bozage halfe a pound: let these stand infused in hot embers fourteene howers, then beeing strained and clarified, put too of good Sugre two pound, and boyle it to a sirrope.

A Sirrope to cleanse the breast and the Lungen,
the cough and Pleurisie.

Chap. 123.

TAke Liquorise small chzed and bzuisled an ounce, Maydenhaire halfe an ounce, Pslope, two drammes, water two pounde, let these lie mixt foure and twenty houres, then boyle it till the third part be consumed, which strained, put in of good honey, of sugar pennet, and white Sugre, of each foure ounces, and Rosewater, three ounces.

For spitting either of Lightes or Lungen,

Chap. 124

TAke the iuice of Purslane and Plantine, of each an ounce, redde Corall a dram, and Bloodstone half a dram fine powdered, mixt together, vse it.

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For Wormes in young Children. Chap. 125.

Take Lupines, and make flower of them, which kneaded with beery, lay it to the stomacke of the child.

For the swelling of the Cods. Chap. 126.

Take Rue stamp, lay it to the grieved place, and thou shalt haue present remedy.

For him that cannot hold his water. Chap. 127

Take the small end of Oken leaues, and seeth them in Claret wine, being well beaten, lay it as hot as may be suffered vpon the yard in a plaister fashion.

For the headache. Chap. 128.

Take the iuice of Parietum, and put it into the Noſethills, and it will helpe you.

For griefe of the stomacke. Chap. 129.

Take Maſticke, Cloues, Nutmegs, of each a dram, Mace and Sinamon of each half a dramme fine powdered: then take the bottome of a browne loafe toasted and dipt in Malmeſey, drawing of the ſaid powder vpon it, lay it to the stomacke, and it is a present remedy.

For the Itch. Chap. 130.

Take bntwrought Ware, fresh Butter, Rose Vinegre, red Rose-water, Brymstone fine beaten, and Cloues all boyled together, make an ointment and vse it.

A Gargill for a sore throat. Chap. 131

Take white Wine, conduit water, of each a pound, rock Allum, half an ounce, two Spoonfull of honey, boyle all to a pound and a halfe, and vse it thre or foure times a day.

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A Water for Scabbes, Vicers and Pusshes,

Chap. 132

TAke Plantine water halfe a pound, water of Oranges foure ounces, Sublimate powder, an ounce, put all in a double glasse or some other good vessell, and let it boyle with a gentle fire, a quarter of an hower, and take it off, and keepe it in a cleane vessell, which vse thre or foure sundrie times, and it shal heale them.

To make a water to take out all spots out of cloth
of gold, and veluet, Chap. 132

TAke rawe red Arsenicke, Marten Cudum, of each of them a like quantitie, and when they be well brayed, poure some faire water vpon them, and then putting the hearbe Cinkefoyle to it, seeth it vnto the halfe, and then let it coole, and set it in the Sun two howers: then wash your cloath in it, and let it drie in the Sunne.

To take spottes of grease and Oyle out of all
sortes of cloath, white or other,

Chap. 134

TAke the water that Pease haue bene sodde in, and steep your cloath where the spotte is in it, and then wash it in cleane riuer water, and drie it in the Sunne.

To take all maner of spots out of silke,

Chap. 135

TAke the iuice of great and round Bullthronis of a sharpe taile, wet the spots in it the space of two howers, and then wash them with cleare water, and then let them drie.

To take spots out of cloath, Chap. 136

TAke cold lie, and lees of white Wine, made a litle hot, and mire them well together. But you must take heed they be not too hot, and wash your cloath.

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A Soueraigne remedie for the cough.

Chap. 137

Take Brimstone beaten in powder halfe an ounce, and put it in a new laide Egge soft rolle, mingle it well together: then put to it Benjamin the bignesse of a Fitch Beale, lightlie stamped, and drinke it in the morning at your breakfast: Take as much againe at night when you goe to bed, and you shall be whole at the second or third time. But if the cough haue holden you long, you must take it so much the oftener.

To keepe poultrie from destroying with Weasils,

Chap. 138

Rubbe your Poultrie with the iuice of Rue or Pearbe-grace, and the Weasils shall doe them no hurt: If they eat the Lungs of a Foxe, the Foxes will not eat them,

A brieft Treatise of Vriners, wel of mens Vrines as of womens: to iudge by the Colours, which betoken health, which sicknesse, and which death. Chap. 139

It is shewed, that in foure parts of the body dwelleth sicknes and health, that is in the womb, in the head, in the liuer, & in the bladder: In what maner thou maist know their properties, and thereof thou maist learne.

If a mans vyne be white at moztow, and red before meat, and white after meate, he is whole. And if it be fat and thicke, it is not good: and if the Urine be meanlie thicke, it is good to like. And if it be thicke as Asse-pisse, it betokeneth head-ache.

Urine that is two dayes red, and the third day white, betokeneth verie health.

Urine that is fat, white, & moist, betokeneth the feuer quartaine.

Urine that is bloody, betokeneth that the bladder is hurt by some rotting that is within.

A little Urine all fleshie betokeneth of the Reynes, who pisseth blood without sicknes. he hath some vaine broken in the reynes.

Urine that is ponderous, betokeneth that the bladder is hurt.

Urine that is somewhat bloody of sicknesse, betokeneth great euill within the body, and namely in the bladder.

Urine that falleth by droppes aboue, as it were great holnes, betokeneth

tokeneth great sicknesse and long.

Womans Urine that is cleare and shining in the Urinall as silver, if she cast oft, and if she haue no talent to meat, it betokeneth she is with child.

Womans Urine that is strong and white with sinking, betokeneth sicknes in the reines, and in her secret receites, in her chambers full of euill humours, and of sicknesse of her selfe.

Womans Urine that is bloody, and cleare as water vnder, betokeneth head-ache.

Womans Urine that is like to golde, cleare and mighty, betokeneth that she hath lust to man.

Womans Urin that hath cullour of stable-cleansing, betokeneth her to haue the feuer quartaine, and she to die the third day.

Womans byrnie that appeareth as cullour of lead, if shee be with child, betokeneth that it is dead within her.

Hereafter followeth all the Vnnes that betoken death, as well the Vrine of the man, as of the woman. Chap. 140.

In a whole Aris, one part red, another black, another greene, and another blew betokeneth death.

Urine in whole Aris, blacke and little in quantitie, fattie and sinking, it betokeneth death.

Urine couered ouer all as lead, betokeneth a prolonging of death.

Urine that shineth raw and right bright, if the skinne in the bottome shine not, it betokeneth death.

Urine thin in substance, hauing fleeting aboue, as it were a darke Skie, signifieth of death.

Urine verſie, sinking, and darke, with a darke Skie within, betokeneth a prolonging of death.

Urine that is of the cullour of water, if it haue a darke Skie in an Aris, it betokeneth death.

Urine that hath byresses in the bottome medled with blood, it betokeneth death.

Urine blacke and thick, if the sicke loath when hee goeth to the Priuy, and when he speaketh ouerthwart, or that he vnderstandeth not aright, and if these sicknesses goe not from him, they betoken death.

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